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Do some Quick Cleaning

It's easier to keep life on track when you do daily 15-minute "mini-cleanups" to keep mess – and stress – from accumulating.

- Kitchen: Empty and load the dishwasher, take out the trash and wipe down counters, tabletops and sinks.
- Bathrooms: Hang towels, clean counters, sinks and mirrors with disinfecting wipes or spray.
- Bedrooms/nursery: Make beds, hang or fold and put away clothes, and clean the diaper pail.
- Other rooms: Put things away where they belong every day, to keep clutter from accumulating.

Enjoy a Healthy Breakfast

Don't skip it! Try these quick and well-balanced on-the-go breakfasts:

- Whole-grain cereal with fruit, nuts and yogurt.
- A blended fruit smoothie made with fresh or frozen fruit, orange juice and yogurt.
- A breakfast bar, fruit and a glass of milk.
- Whole-grain toast with peanut butter and banana, and a glass of milk.
- Cottage cheese with sliced fruit.

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Canadian Living
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Cover photography, Yvonne Duivenvoorden
Food styling, Lucie Richard
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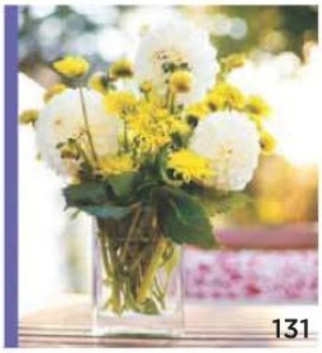
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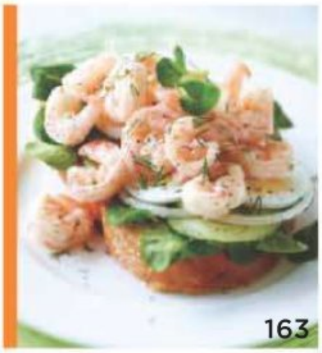
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Summer Beauty Supplement
Flip this issue over for our premium beauty package!

Host a Girls Night In to support the Canadian Cancer Society this month. For more information, see page 210 or visit girlsnightinforcancer.ca.

CL Advantage members are invited to join Christine Picheca, food editor-at-large, for a farmer's market tour and cooking demonstration at Toronto's St. Lawrence Market on June 3. Find out more on page 219 or at canadianliving.com/advantage.

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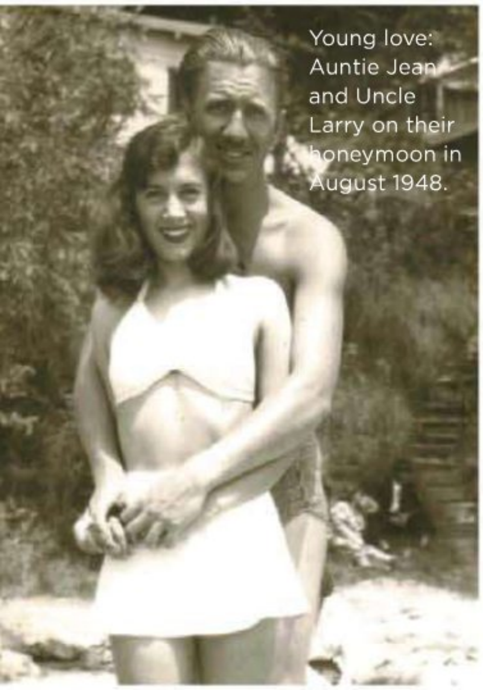
Between Friends


Young love: Auntie Jean and Uncle Larry on their honeymoon in August 1948.

What's Inspiring Me This Month

Pink Floyd: *The Making of "The Dark Side of the Moon"* on DVD.

Girl with a Pearl Earring (Penguin Books, 2001) by Tracy Chevalier. A great read!

Hearing from readers who have recently attended a celebration they would like to share. Email me at susan@canadianliving.com.

The theme of this month's issue is celebrations, which is particularly fitting considering recent events that have transpired in my personal life.

As children, my father and his brother were very close, and after they each married, our two families spent a great deal of time together. My father died when I was quite young and, sadly, my uncle died shortly thereafter. As sometimes happens, our families drifted apart. One by one, my Auntie Jean and her children headed west to British Columbia, while our family stayed in Ontario. Somehow we just lost touch. Fast-forward 30 years to the era of the Internet and Facebook, and our families reconnected.

I recently received an email from my cousins informing me that my Auntie Jean had passed away at the age of 86 and that they were bringing her remains to Ontario to be buried alongside her husband. I was invited to the interment, which was to be followed by a reception celebrating my aunt's life.

I don't know about you, but seeing people I haven't set eyes on in many years (plus, in this case, some I'd never met before) and large reunions in general make me a tad apprehensive. In a moment of self-doubt I wondered whether I should attend. But my sister Kim, one of the wisest women I know, reminded me that this could be a once-in-a-lifetime chance to see these people – after so many years – and to meet relatives I'd only known through photographs and stories. Kim was candid: not attending would be my loss. She was right.

At the celebration my cousin Lynn read love poems my uncle had written to my aunt; we were shown pictures chronicling Auntie Jean's life; and my cousin Brad and his wife, Pat, regaled us with poignant stories. My lifelong memories of my aunt held true. Throughout her life she had incredible style, was a devoted mother (then grandmother) and a passionate gardener. The gathering turned into an all-day event and was truly a celebration of love, life and bringing family together.

There's a lot in this issue that speaks to celebrations. For our style section, our fashion and beauty team outfitted four women for upcoming special occasions in their lives (page 29). We have a how-to craft article on making memory books (page 147), and a piece by Lisa Bendall about creating special one-of-a-kind parties to mark those time-honoured life events (page 89). Of course, we've also produced several articles in our food section (celebratory foods, festive punches, memorable desserts) to help you plan a menu for that special party. Whatever you're planning to celebrate, you've got the right magazine in your hands.

Have an inspired day!

Susan

– Susan Antonacci
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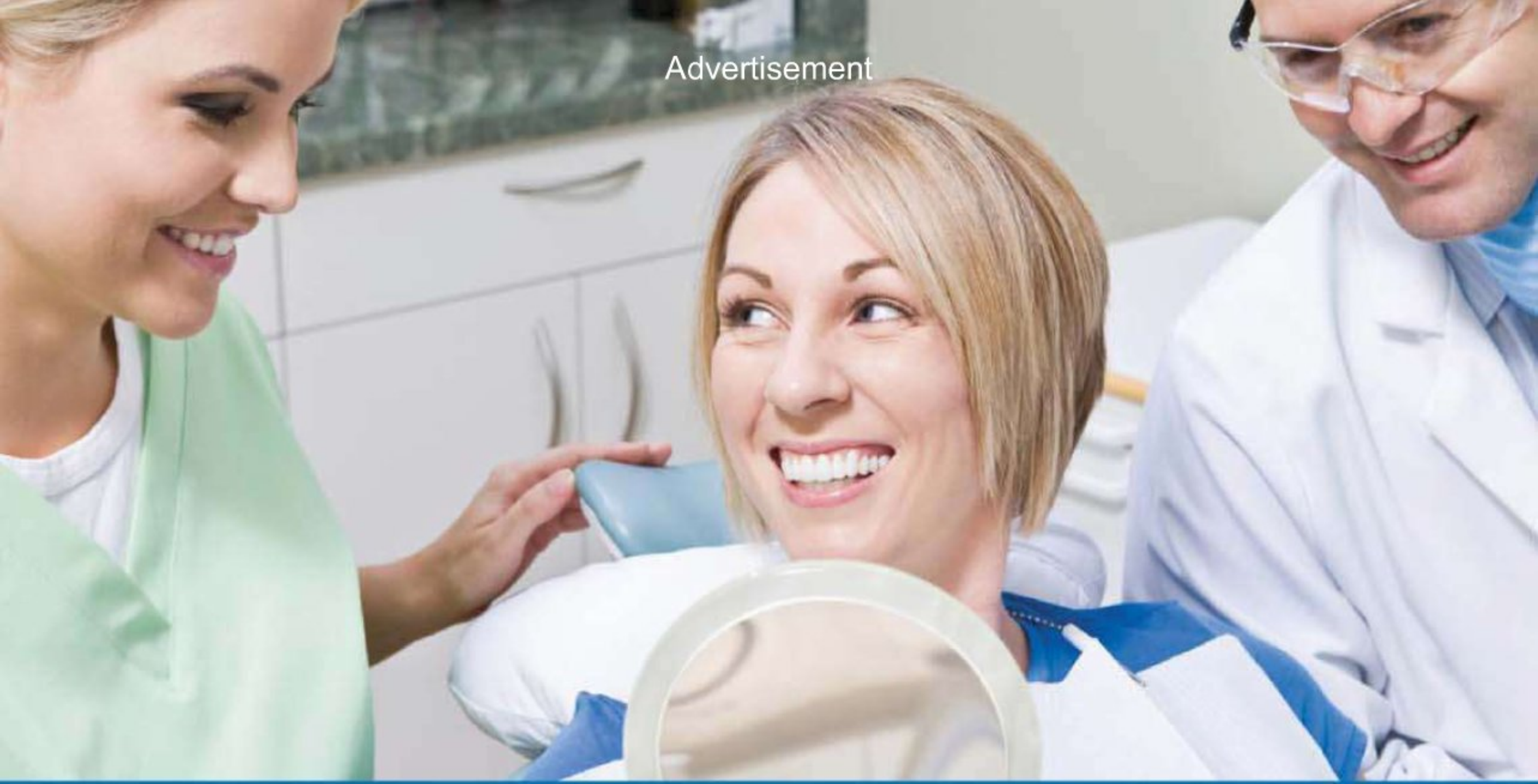

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Your Words

Our monthly roundup of reader feedback and insights

Students at Hawkwood Elementary School and their Chirpy Chicks

TALK TO US

We welcome letters and emails from readers of *Canadian Living*. Speaking to Canadians like you, from east to west, is our mandate; hearing from you is our pleasure. Write to us – and you could win a *Canadian Living* cookbook as a token of thanks! Email us at letters@canadianliving.com or write to us at "Letters," *Canadian Living* Magazine, 25 Sheppard Ave. W., Suite 100, Toronto M2N 6S7. Please make sure to include your name, address and telephone number. Letters and emails may be condensed for publication. Pictures will not be returned.

CRAFTY KIDS

I just wanted to let you know how much my Grade 5 class enjoyed creating the pom-pom chicks ("Chirpy Chicks," April) on their final day of school before they headed into their Easter break. Each of the chicks they created were just like my students, unique in appearance and possessing a personality unlike all others. We had so much fun learning how to make pom-poms and working together. Thanks for including so many fun seasonal activities that are cost-effective for large groups.

We also made a gingerbread village at Christmas using a pattern we found in your magazine. My lesson planning would suffer without you!

– Sandie Masters, Hawkwood Elementary School, Calgary

GREEN CONCERNS

Just a word to congratulate you about your policy on forest certification. I am a forester and I believe that all forest certifications are good and make forest management better. With your inclusive approach, you positively influence forest practices.

– Claude LeBel, via email

I was disappointed to see that your craft section (April) has a project that goes against conventional environmental wisdom. "Flower Power" encourages the use of unused plastic cups and plates. It's not that I think used plastic would be preferable, but I am wondering, why use plastic at all? It helped to see that "Chirpy Chicks" does use recycled materials. Earth Day is coming; please stay with the idea of "reduce, reuse and recycle" because our children don't deserve the pollution problem that we are passing to them to clean up.

– Amy Vogt Downie, Dartmouth, N.S.

LOST THEN FOUND

Thank you for running the article on reconnecting with (lost) friends and family ("Friends Again," May). I really related to it, and I found the expert tips for reconnecting with people helpful. In particular, I related to Cathy and Kelly's story.

From the time I was about three years old, until my sister Heather was born when I was nine, I wanted nothing more than a baby sister. The happiest day of my life was the day she was born. However, by the time she was a toddler I was a sulky teenager; by the time she was becoming a teenager, I was moving out of the house to go to university. As a result, we never had a close relationship. Even after we got older, and I moved back to my hometown, we have had a difficult time connecting: we're just two extremely different people.

She recently became engaged and asked me to be her maid of honour, which I gladly accepted. We've spent more time together in the past two months than we have in the past 10 years, and as she is maturing into an adult, I find that we have more and more in common. Even though »

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there will always be nine years difference in our chronological ages, I'm hopeful that as we mature in life experience, we will continue to develop a solid friendship.

– Angela Rasheed, Oshawa, Ont.

POSE FOR THE CAUSE

I just read "Girls' Night In" (Everyday Matters, May) and thought I would share with you an event I was recently involved in.

I am a class fitness instructor at Heritage Fitness, Carleton Place, Ont. On March 10 we held a Girls' Night In to celebrate International Women's Day and to raise money for the local hospital.

As a keen photographer I was invited to display some of my work, so I decided to ask some of my friends to pose for tasteful seminaked shots. One sunny Sunday afternoon, eight nervous ladies gathered at my home, with healthy snacks and wine provided. After a couple of hours I had a wonderful collection of photos. The photo shoot (and yes, perhaps the wine) boosted their self-confidence, and they felt empowered and beautiful, and a certain sense of freedom.

I am happy to say that this Girls' Night In raised over $1,400 for Carleton Place Hospital. Several more ladies have since asked to do similar photo sessions and they, too, tell me how great it made them feel.

I encourage all ladies to be involved in a Girls' Night In.

– Louise Devenney, Carleton Place, Ont.

PRESENT TENSE

Send us your funny, embarrassing or heartwarming regifting stories – we'll publish the best ones in a future issue!

BEST WISHES

Happy birthday! Congratulations on 35 years of great Canadian content. You have grown up and turned into something to be proud of. *Canadian Living* has been with me everywhere I have lived, including Saudi Arabia – twice. I still have my first issue, which I bought at the great cost of 25 cents!

– Barb Paquette, Ottawa

EDITOR'S NOTE

Thanks to the many readers who shared their comments on the *Canadian Living* refresh in April. I'm sorry I couldn't answer every email personally.

I want you to know that we are listening. Over the next few months, we'll be reviewing your suggestions and concerns, including how to make the advertising inserts on a lighter paper stock and easier to handle.

Our goal as always is to keep you, the reader, happy! Keep sending your emails my way.

– Susan Antonacci, susan@canadianliving.com

CORRECTION

The pictures of the Fitness Pro Pedometer 360 and Momentum Digi-Walker Pedometer featured in our May issue were reversed (Health Matters, "Test Driven"). We apologize for the error.

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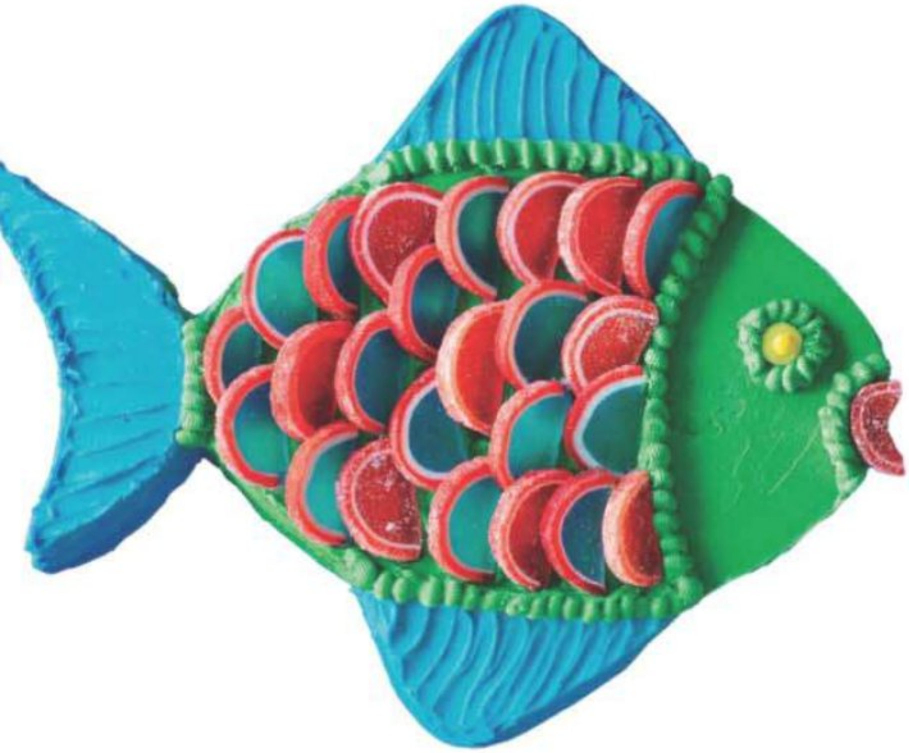

Crazy Cakes Contest

Show us your most inspired novelty cake (or cutest cupcake) and you could win fabulous prizes! To enter, submit a photo online by July 12, 2010. Then vote for your favourite entry between July 15 and Aug. 12, 2010. The winner will be announced in our November issue. Enter now at canadianliving.com/june.

NEW *CANADIAN LIVING* COOKBOOK!

Whether you're craving a simple family-style burger, an elegant grilled seafood dish or a show-stopping roast for entertaining guests, *The Barbecue Collection* has something to suit your tastes. Available in bookstores now.

SPRING BOOT CAMP

Sign up today and starting on May 3, 2010, you'll receive an e-newsletter each day for six weeks, featuring a daily seasonal menu, expert fitness videos and great articles. It's the perfect opportunity to get healthy, lose weight and feel great! Sign up at canadianliving.com/june.

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Stay in touch with exclusive contests, news and offers delivered right to your mobile phone. Simply text the keyword **CLUB** to **825825** to join the Mobile Club.

Standard text message rates may apply. Approximately 2 messages per month.

PHOTOGRAPHY, YVONNE DUIVENVOORDEN

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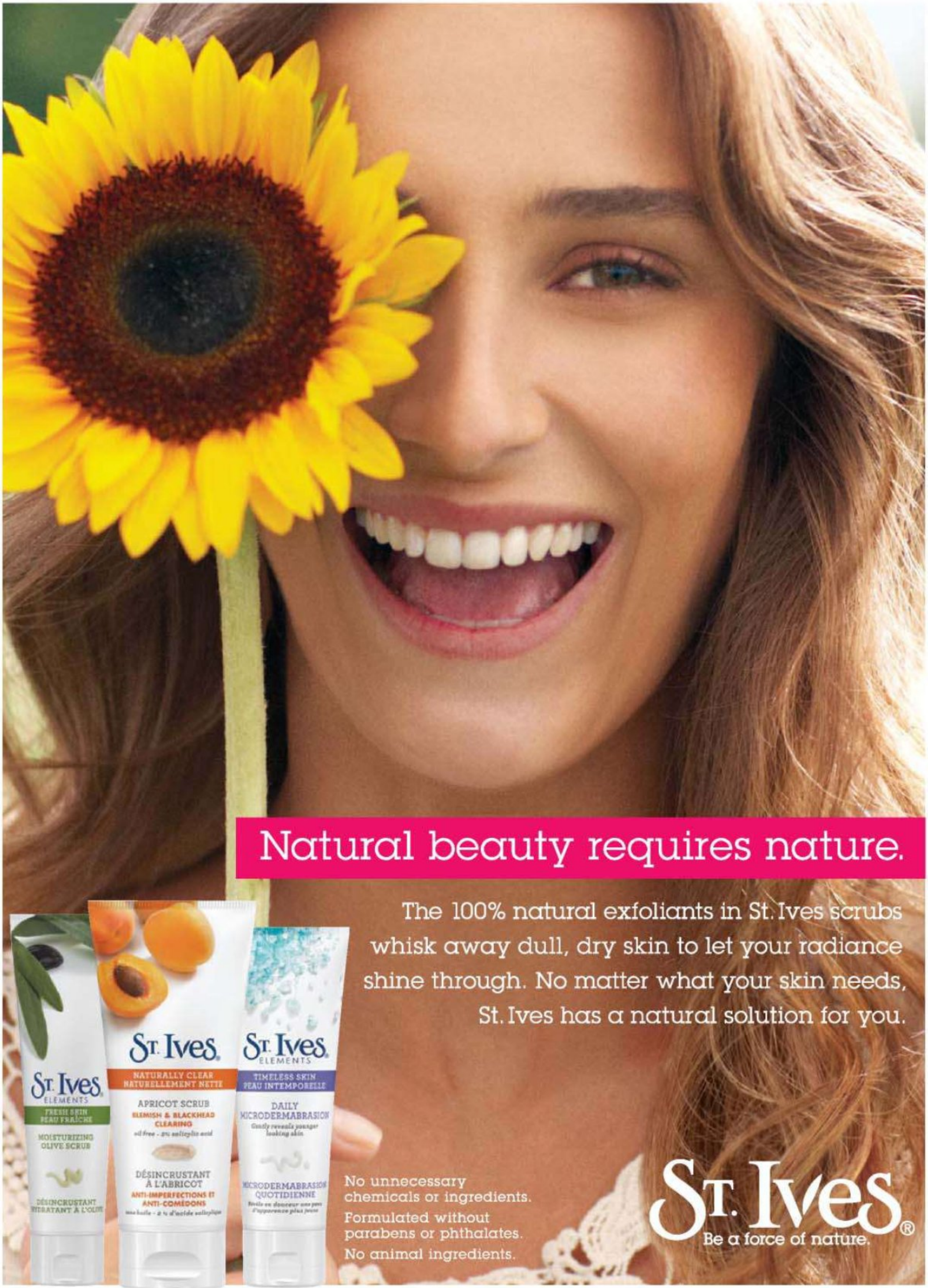

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***NO PURCHASE NECESSARY.** Official rules available at www.TobleroneTriangleTrip.ca. CONTEST CLOSE: Sept. 30, 2010 at 11:50 p.m. ET. Open to Canadian residents who are of age of majority in their province or territory. Math skill-test required. **TO ENTER:** TRIP: Online by submitting your email address and registering. INSTANT WIN: Online by registering and entering a PIN code found inside of specially-marked packages of *Toblerone* 150g Tiny stand-up bags and *Toblerone* 100g bars and follow the online instructions OR mail in a self-addressed stamped envelope to: Toblerone Contest PIN Request, 23 Prince Andrew Place, Toronto, ON M3C 2H2 for receipt by contest close. The judges will play the game for you and notify you only if you are a winner. **PRIZES:** TRIP: One (1) trip available to be won for two (2) to your choice of Swiss Alps (Switzerland), Sydney Opera House (Australia) or Giza Pyramids (Egypt) – details vary dependent on prize chosen. Total ARV $10,000. DRAW DATE: Oct. 8, 2010. Odds of winning trip depend on number of eligible entries received. INSTANT WIN: At the start of the contest 2,493 Instant Win prizes available to be won – for a complete listing of prizes and full details visit www.TobleroneTriangleTrip.ca. Specific entry times during the contest period have been randomly pre-selected as winning times. Odds of winning Instant Win prizes depend on time and date of your entry.

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Everyday Matters june

Inspiring ideas for day-to-day living

BY DONNA PARIS

5 WAYS TO CELEBRATE THE FIRST DAY OF SUMMER

1. Pack away the sweaters. It's time to get out your warm-weather T-shirts, track down your light jackets and bust out the capri pants.
2. Get ready for flip-flop season. Get a mani/pedi, scrub yourself silly with a loofah – and shave your legs while you're at it.
3. Slow down. Make your own iced tea, eat some ice cream, stroll in the park or play catch with the kids.
4. Bust out the potboilers. This is the time of year you can lose yourself in a summer thriller, a historical romance or a collection of short stories.
5. Get outside. Pull up a chair in your own backyard, on your balcony or head for a restaurant patio. Remember, summer only lasts three months.

Celebrate summer by firing up the grill. Get great recipes for outdoor cooking at canadianliving.com/june.

PHOTOGRAPHY, PHOTOOBJECTS.NET/THINKSTOCK (TOP); COURTESY OF SOLUTIONS WITH IMPACT

A Father's Day Gift – to His Kids

Mike "Pinball" Clemons (below, with his family) is taking it to the house. "I'm American by birth but Canadian by choice," says Clemons, who is applying for Canadian citizenship. He rose to fame during the 12 seasons he played for the Toronto Argonauts, and spent a further seven as the team's head coach.

But his off-field projects occupy his time now. "Family is the most important thing," says the 45-year-old, who likes to take his daughters – Rachel, Raven and Rylie – to school every morning. "I stopped coaching because there's a saying that every successful man is not a successful father, but every successful father is a successful man," says Clemons. "I got to the point where I was willing to change careers to make the proper balance." Clemons and his wife, Diane, evaluate their marriage every wedding anniversary, marking 18 years this month. "We plan for success in our home."

His philanthropic endeavours are equally impressive. "One of the greatest privileges in life is to exercise generosity and to give back," he says. The Michael "Pinball" Clemons Foundation is committed to building 131 schools in Third World countries in the next five years and providing scholarships to students in local communities.

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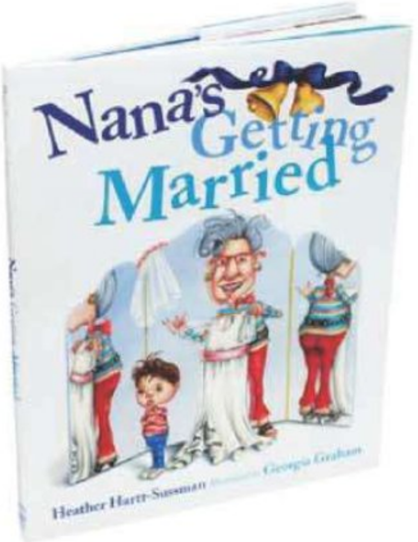
I'M READING...

OK, I'm already finished reading *Nana's Getting Married* (Tundra, 2010) by Heather Hartt-Sussman (it is a kid's book, after all). But it was such a refreshing, contemporary take on an issue that lots of children have to learn to deal with: sharing the attention of an adult they love. And you don't have to be a kid to appreciate Georgia Graham's fun illustrations. *– D.P.*



NOT-FOR-PROFIT COOL CAPS

I wanted to do something in memory of my two sisters-in-law, Linda and Brenda, and my mother-in-law, Evelyn LaBelle, who all passed away as a result of cancer. So I created a sewing pattern for caps for kids, since my mother-in-law said that watching small children go through chemotherapy was humbling. To date, I've passed out almost 600 Cool Caps, never for money. I make them in a mix of colours and prints, and have stocked our local children's hospital and donated some to Children's Hospital of Eastern Ontario while visiting Ottawa. I wanted to pass this pattern on, in case any of your readers would like to have it. *– Cathy LaBelle, Halifax*

For instructions and a free pattern, visit canadianliving.com/june.

Easy-to-Find Bargains

Deal hunters and casual shoppers are flocking to Dealstreet.ca. This shopping destination lets you enjoy a range of deals, discounts, coupons (clipnsave.ca), online flyers and complementary content that can help you make smart purchasing decisions. Bonus: You can pick up content specific to your location.

dealstreet.ca
BARGAINS LIVE HERE

DAD WILL THANK YOU EVERY MORNING

Forget the ties and socks for Father's Day and give Dad the best shave of his life instead. Thinner blades, a redesigned trimmer and anticlogging rinse spots make Gillette's new Fusion ProGlide Power a gift he'll love – or you get your money back. If you're flush, spring for the cooling lotion, too.

PHOTOGRAPHY, GEOFF GEORGE

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It's about time *for a fresh breath feeling that lasts up to* ***5X*** *longer.**

*vs. brushing alone

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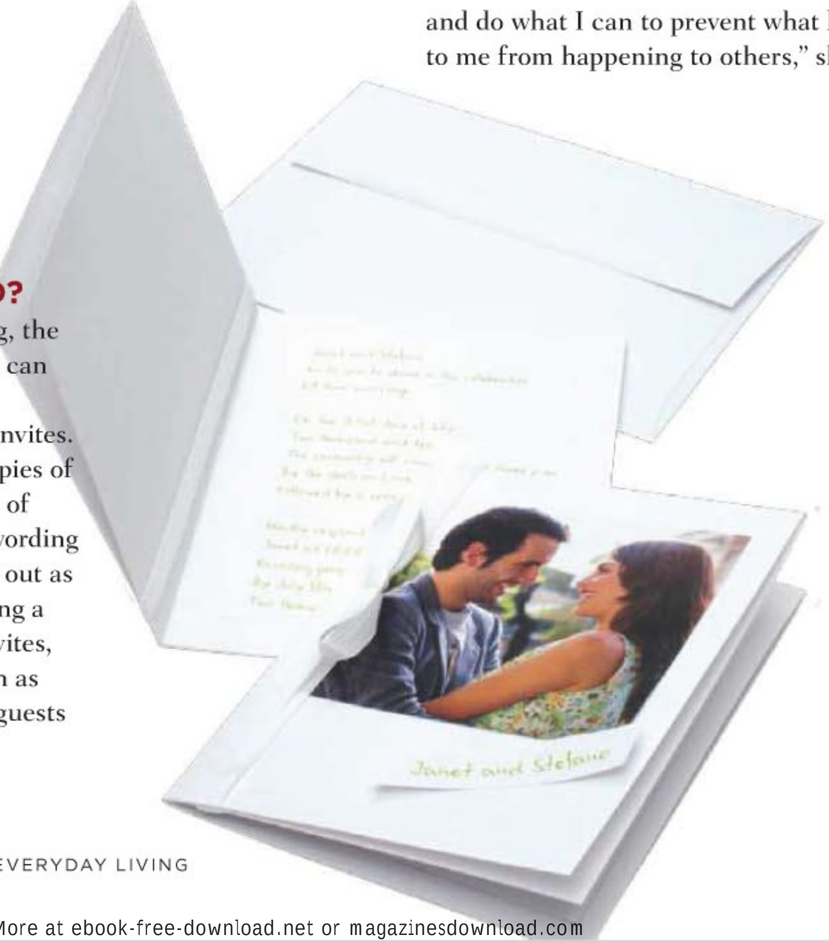
DIY PEARL BRACELET

What to do with all those broken strands of pearls and bits of jewelry? That's easy – recycle them into a fashionable bracelet like this one, designed by Montana Labelle.

Take any old wooden or plastic bangle and wrap it with ribbon, using glue sparingly. Glue on pearls, rhinestones and antique findings as desired.

PO' GIRL ON TOUR

The bluesy, jazzy, folksy minstrel band Po' Girl is getting proactive. With a new album *(Follow Your Bliss)* coming out this month, the band is going on tour to raise money for Little Warriors, which helps victim-survivors of sexual abuse. Member Alli Russell (above centre), herself a survivor of sexual abuse, wrote the song "No Shame" when she found out that her abuser, her stepfather, had been released from prison. "I thought I could be more active using my past misfortune and our music to increase awareness about child abuse, and do what I can to prevent what happened to me from happening to others," she says.



GETTING MARRIED?

If you're planning a wedding, the costs can really add up. You can save hundreds of dollars by making your own wedding invites. On a colour copier, print copies of a favourite photo of the two of you. Design the invitation wording on your computer and print out as well. Cut these out and, using a glue stick, compose your invites, adding embellishments such as ribbon, if desired. Tip: Ask guests to RSVP by phone or email.

PHOTOGRAPHY (CLOCKWISE FROM LEFT): ANGUS FERGUSSON; COURTESY OF LW COMMUNICATIONS; GEOFF GEORGE

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New NEUTROGENA® ULTRA SHEER® Dry-Touch Sunscreen SPF 100 with HELIOPLEX™ delivers the highest sun protection in Canada. Its broad-spectrum UVA/UVB protection, and patented* Dry-Touch technology provides a weightless, residue-free finish.

Nothing to see. Nothing to feel.
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THE INDESTRUCTIBLE DOG TOY

Stuff the pliable, recyclable, guaranteed-tough Zogoflex with Fido's favourite treat and let him go to town. Dogs love this toy, which was designed to withstand chewing – with or without a treat. $18. For more info, visit must-love-dogs.com.

JUNE 6 IS...

National Yo-Yo Day. Get the kids off the computer and show them how we used to play games such as walk the dog, rock the baby, skin the cat and around the world – all with just a simple toy that we didn't need to boot up.

Free Channels for Nonprofits

YouTube has recently launched a nonprofit program in Canada. Eligible Canadian organizations can apply for a free brand channel to promote their cause via the world's largest online video community. To check out one nonprofit's site, visit youtube.com/freethechildrenintl. For more info, visit youtube.com/nonprofits.

CONSERVE WATER INDOORS AND OUT

It's easy to spot a leaking faucet indoors, but don't forget to check your outdoor faucets, sprinklers and hoses for leaks, too.

PHOTOGRAPHY (CLOCKWISE FROM LEFT): KATELEIGH/ISTOCKPHOTO; COURTESY OF MUST LOVE DOGS; EDELMAR/ISTOCKPHOTO

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Relax, It's Easy!

Canadian Living and French Cross bring you five simple and satisfying relaxation techniques that you can embrace throughout the day.

BY E.R. LeCLAIR

Sometimes our world goes a little topsy-turvy: Work is crazy busy, the kids are sick, your partner's away and the laundry isn't washing itself. Stop. Close your eyes and take a breath. It's important (and healthy) to focus on yourself sometimes. By taking a few moments to nurture yourself, you will be ready to face your world with a smile every day. And it doesn't take much, either.

MORNING GLORY

Take 20 minutes at the start of the day to grab a cup of coffee or tea and crawl back into bed, or curl up on the living room sofa and enjoy some of your favourite music, or even stretch out on the carpet and listen to a meditation CD. You can do this before the rest of the household wakes up, or just grab your brew, head down to the family room and gently close the door.

MIDDAY MAKEUP

Take a style lesson from actor Gwyneth Paltrow: "Beauty, to me, is about being comfortable in your own skin. That, or a kick-ass red lipstick." Grab your makeup kit and spend a few minutes at lunch refreshing your eyeliner or lipstick – the brighter the better! A little pride, a little pleasure. Does it get any better?

BEND THE RULES – IN THE AFTERNOON

Skip the coffee during your afternoon break and try something different. Head outside for 10 minutes of fresh air, or find an empty boardroom and do 12 minutes of tai chi. A change of scenery in the middle of a workday is incredibly relaxing.

LAST LAUGH OF THE DAY

End your day with a chuckle. Before you leave the office, watch the funny cat video on YouTube one more time. On the way home, if you're taking public transit, read a few pages from a comic writer such as David Sedaris for a quick dose of humour.

ON THE HOME STRETCH

Can't get to the gym? Don't sweat it. Head to the living room and try a few basic reach-for-the-sky moves, do a couple of squats, swing your arms from side to side – and bend backward (your spine will love you). You'll be amazed at how good you feel and how well your body (and muscles) responds to such attention.

SIMPLE PLEASURE: A GLASS OF WINE

Whether you're throwing a party or just like to enjoy a glass of wine in the evening, a four-litre cask is perfect to have on hand.

- Portable and unbreakable
- No corkscrew required
- Space-saving shape takes up less space in the fridge or on the counter
- Recyclable – simply fold up your cask and recycle it

The best part? The cask keeps the wine fresh for up to six weeks after opening.

PHOTOGRAPHY, THINKSTOCK/GETTY IMAGES (BOTTOM LEFT)

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We love all shapes and sizes.

What's your best feature? What's your biggest fit challenge? Just go to www.shapeoverchallenge.canadianliving.com, click on Style Rescue, and the Reitmans fit experts will help you figure out your figure. While you're there, you can also learn all about the participants in the exclusive **SHAPEOVER CHALLENGE** contest so you can vote for your favourites on May 24th.

Don't miss the **SHAPEOVER PARTY** celebrating the new concept store in the Toronto Eaton Centre on May 27, 28 and 29th. There will be fabulous surprises and a chance to meet and shop with the Reitmans fit experts.

Canadian Living

Reitmans
Designed for real life.

Exclusive contest

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REAL WOMEN: Frock Stars

Whether it's a froth of pink tulle or a sparkly number peppered with paillettes, nothing says celebration like a perfect party dress.

BY KAREN KWINTER | ASSISTANTS, JULIA McEWEN AND KATHERINE FLEMMING

PHOTOGRAPHY BY RAINA AND WILSON | HAIR AND MAKEUP BY HANOCH DRORI USING TRESEMMÉ

SHOT ON LOCATION AT THE EV3NTS STUDIO, SPECIALIZING IN EVENT DESIGN AND DECOR RENTALS, THREEEVENTS.CA. ROBE, LA SENZA.

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SHARON, PERSONAL TRAINER AND WARDROBE CONSULTANT
THE EVENT: Evening wedding
THE DRESS: Sleek, simple and clean, this dress is the ideal counterpart to any accessory-driven woman! Red dress, Addition Elle, $90. Necklace, BCBG Max Azria. Rhinestone bracelets, vintage. Black bracelet, Pam Chorley's Fashion Crimes. White beaded bracelet, Jacquie Carew Jewels. Pumps, Nine West.

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LINDA, BENEFITS CLAIM SPECIALIST
THE EVENT: Charity gala
THE DRESS: A decadent colour and fanciful detailing will make any woman feel like a fairy-tale princess. Fuchsia Oscar dress, Pam Chorley's Fashion Crimes, $649. Necklace, bracelets and ring, all Lia Sophia. Pumps, Nine West.

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FIONA, MOTHER OF TWO
THE EVENT: Cocktail hour
THE DRESS: Both glamorous and comfortable, this shimmering dress will showcase a woman's innately sexy self. Black-and-white paillette dress, Simon Chang, $190. Earrings and ring, both Pam Chorley's Fashion Crimes. Bracelets, Lia Sophia. Clutch and Pumps, both Nine West.

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ROBIN, RECEPTIONIST
THE EVENT: Garden party
THE DRESS: A fabulous print in a bold, bright colour will enhance every woman's complexion and personality. Yellow silk sundress, Pam Chorley's Fashion Crimes, $399. Earrings, Jenny Bird. Bracelets, Lia Sophia. Pumps, Nine West.

For shopping information, see page 218

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Add Time to your day

Do you wish your day was 25 hours long? Here are a few simple suggestions to help you save time and add an extra hour to your day.

Just Add Water

Shave time off your routine with **Schick® Intuition Plus®**. Four blades are surrounded by a skin conditioning solid that lathers when wet, eliminating the need for shaving cream. Now women can lather, shave and moisturize in one easy step.

Shop

Post the grocery list where everyone in the family can add items as they run out. When you are ready for your weekly grocery run, the list will already be waiting for you, saving you from searching your cupboards to see what needs replacing.

49 minutes

Respond to every e-mail as you receive them, and create files of categories for e-mails that can't be handled right away. According to a study, the average user spends 49 minutes per day managing e-mail.

Save

Wake up 15 minutes earlier and prepare breakfast for yourself instead of waiting in line and paying extra at the coffee shop. Not only will you get to work earlier, and hopefully impress your boss, but drinking coffee at home can save you about $1000 a year (if you spend more than $4 a day).

10 minutues a day

Have the whole family spend a quick 10 minutes a day cleaning up around the house as opposed to a big clean up on the weekend, which can take up an entire afternoon.

Win! your 25th hour

Write a book, sleep more or go to the gym, what would you do with an extra hour in your day? Tell us what your hour would consist of and you will be entered to win your 25th hour brought to life. Visit **www.trustyourintuition.ca** for contest entry and details.

Wash

Place a hamper in your bathroom or linen closet, so all your used towels and washcloths will be in one place and ready to wash on laundry day.

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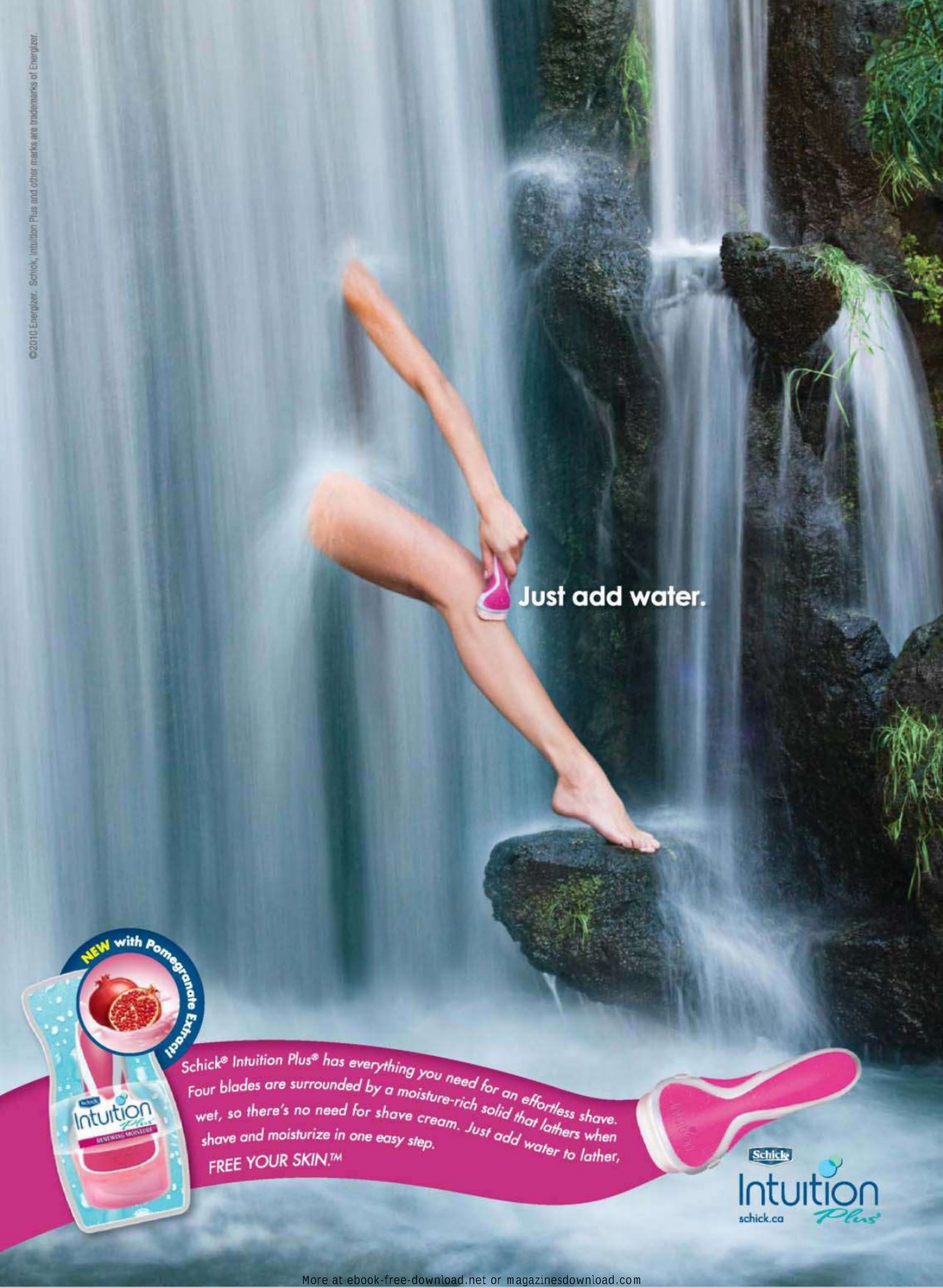

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Sarah Paul, 34, personal trainer and owner of Flex Rx Studio

Beauty Refresh

A fitness star takes her overgrown locks to the next level – and shines.

BY JULIA McEWEN | ASSISTANT, KATHERINE FLEMMING

PHOTOGRAPHY BY SEED9 | HAIR BY SALON ESCAPE

MAKEUP BY SABRINA RINALDI FOR TRESEMMÉ HAIR CARE/JUDYINC.COM. CLOTHING, WINNERS. NECKLACE, JENNY BIRD. BRACELET, LIA SOPHIA

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Before

After

WHAT SHE WANTED

After 10 years of working in human resources, Sarah Paul turned 34 and wanted a change. "I was always interested in fitness, so I thought I'd try that." After becoming a personal trainer and opening a gym, Sarah hasn't looked back. As for her daily hair routine? "I like to have fun with it!" says Sarah, who's sported every style from short, spiky and platinum to long, wavy and deep raven.

WHAT SHE GOT

Colour: Sarah started with an "artificial plum shade," says Nikki Braithwait, owner and senior colourist of Salon Escape. Lightening Sarah's strands required a complicated process. First, Braithwait applied Pre Art to remove mineral deposits, a result of the hard water in Sarah's east-end Toronto neighbourhood. A colour remover was then applied to Sarah's hair, in order to strip the purple shade. A deep, demi-permanent colour was applied to "overtake the warmth" of the lightener. Braithwait then applied highlights both vertically and horizontally, pulling out larger pieces for impact. While the highlights settled, a warm light-brown shade was applied to Sarah's roots to cover grey. After both treatments were rinsed, two toners were applied to her hair. After a good rinse and a deep-conditioning treatment, Sarah's formerly purple strands were transformed into a dark sandy blond with natural-looking sunny highlights.

Cut: Sarah was sporting a triangle-shaped cut with grown-out bangs that "emphasized the roundness of her jawline, which isn't flattering," says Rob Barbosa, salon artistic director. He suggested longer layers with a stronger end that would work with Sarah's curl. Sarah's heavy hair was dragging the curl down, "so it doesn't look as pronounced," says Barbosa. He used a point-cutting technique to diffuse the layers, he says, which "lightens the ends." More than seven inches were chopped off, transforming the triangle shape into a softer silhouette – "fuller at the crown, narrow by the nape and fuller at the bottom." Barbosa says applying product to sopping wet hair is essential to stomping out frizz. He also suggests holding a prong diffuser underneath the hair while cupping and lifting a small handful of curls and slowly turning it in one direction, then slowly rotating it the other way before removing the diffuser. ■

"I can't believe how shiny my hair is – it feels so light and healthy!"

Tip: If you have a dark permanent colour and crave a brighter shade, leave it to the professionals. Aside from damaging strands, it's also very difficult to gauge the desired shade based on the current one.

GET THE LOOK

1. Redken Real Control Shampoo, 250 mL, $14.50; and Conditioner, 250 mL, $17. "This is best for chemically damaged hair that lacks moisture. Use the mask a few times a week to restore moisture," says Rob Barbosa, artistic director of Salon Escape.

2. Redken Smooth Down Heat Glide Protective Smoother, 150 mL, $24.

3. Nexxus Humectress Luxe Ultimate Hydrating Leave-In Spray, 150 mL, $13.

4. Shu Uemura Moisture Velvet Nourishing Treatment, 200 mL, $65. "Curly hair already lacks moisture, and Sarah's also lacks protein because of the colour processing," says Barbosa.

For shopping information, see page 218

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Editor's Choice

Get a fresh, iridescent glow with our most beloved summertime beauty finds.

BY JULIA McEWEN

YOU'RE THE BALM

Blow off dry skin with these head-to-toe repairing salves and moisturizing balms. Infused with essential oils, vitamin E, shea butter and beeswax, these soothing balms hydrate even the roughest skin.

1. Rosebud Perfume Co. Brambleberry Rose Lip Balm, 22 g, $7.
2. Cake Beauty Satin Sugar All-Purpose Treatment Balm, 60 g, $24.
3. By Terry Baume de Rose Multi-Protecteur Lips and Cuticles, 10 g, $63.
4. The Balm Balms Away Skin Soothing Makeup Remover, 64 g, $26.
5. Principessa Bacio Me Lip Balm Tin, 14 g, $11.
6. Wowee Hydrating Balm, 30 g, $16.
7. Dior Crème de Rose Smoothing Plumping Lip Balm SPF 10, 7.2 g, $29.
8. Benefit Dr. Feelgood Velvety Complexion Balm, 24 g, $35.
9. Smith's Rosebud Salve, 22 g, $6.
10. Korres Lip Butter in Jasmine, 6 g, $13.

PHOTOGRAPHY, GEOFFREY ROSS

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ON BASE

When summer starts turning up the temperature, swap your heavy foundation for a heat-beating tinted moisturizer. The sheer finish gives skin just enough coverage while leaving a dewy youthful finish.

1. Kiehl's Ultra Facial Tinted Moisturizer SPF 15, 75 mL, $33.
2. Laura Mercier Oil-Free Tinted Moisturizer SPF 20, 50 mL, $55.
3. Clarins Paris Hydra-Care Tinted Moisturizer SPF 6, 50 mL, $50.

BRIGHT SPOT

A vividly coloured dress isn't the only way to make a statement this summer. Punch up your lip shade with a burst of colour. Think sticky Popsicles by the pool: these glosses are sweet treats for your lips, leaving behind a vibrant, wet-looking shine.

1. Dior Addict Crystal Gloss, 6 mL, $31.
2. Make Up For Ever Glossy Full Couleur, 10 mL, $22.
3. Chanel Gloss Fluo in Pop, 5.5 g, $33.
4. Beauté Liqui-Gel Stain for Cheeks and Lips, 3 g, $29.

For shopping information, see page 218

BRONZE AMBITION

Give yourself a healthy, golden glow without subjecting your skin to damaging rays. Go to the beach with M.A.C's newest summer collection and get a sun-kissed complexion with this creamy hydrating bronzer.

M.A.C Mineralize Skinfinish Natural in To the Beach Bronzer, 10 g, $30.

PHOTOGRAPHY, GEOFFREY ROSS

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FIGHT damaged hair today

Are you one of 56% of women stuck with damaged hair? Did you know that all kinds of aggressors can cause damage? Here are a few tips to get a handle on things.

Don't be style shy

There's absolutely no need to stop using your favourite styling tools, but try a lower setting on your blow dryer or straightening iron. And your hair will respond better if it's properly cleaned and deep-conditioned beforehand, giving strength to your style.

Brush, brush, brush!

Are you using the right one? Every brush has its advantages, but one made with boar bristles is really best. It will gently untangle your hair and help restore its natural shine.

Get wet

There's nothing like a quick dip on a hot day, but chlorine can dry out your hair and make it more fragile. To help prevent chlorine damage, make sure you use a good conditioner after your swim. Shampoo alone won't do the trick.

Do what feels natural

We've known about the fortifying and moisturizing properties of avocado oil for several years. It's rich in vitamins A and D, and gives hair natural-looking brilliance and shine.

NEW

Damaged hair needs damage care from specialized products like the new Damage Repair line from Garnier Fructis. You'll see results in three washes and love the fragrance. What more could your hair ask for?

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test driven

Some Like it Hot

Rising temperatures are no match for these heat-busting lifesavers.

SHU UEMURA UV UNDER BASE MOUSSE SPF 30 SUNSCREEN, 65 g, $45, is an easy to use weightless mousse that helps prep skin prior to makeup application. It also evens out skin tone, reduces redness and minimizes pores. And, of course, it protects skin from UVA and UVB rays.

THE VERDICT

"It was very easy to dispense and apply. Perfect for a super-busy mom! My skin looked even and smoother, with a slight matte finish that lasted the whole day. With other SPF products, I always found my skin to be oily by lunchtime, but not with this one. It was almost like having a primer with SPF 30 in it. The best part is that it feels so light, you don't even know you're wearing it."

– Diana Duchscherer, Prince George, B.C., reader

EDITORS' NOTE

This small container gave us big results. We're smitten with its fluffy, foamy consistency and love that it works double duty as a skin primer, keeping foundation in place with a matte finish, and as a lightweight and pleasant-smelling sunscreen.

NEOSTRATA OIL FREE MATIFYING FLUID, 50 mL, $31, uses patented Microsponge spheres that absorb excess oil on the surface of the skin. It promises to keep your complexion looking matte for more than six hours.

THE VERDICT

"My oily skin can be frustrating during the summer months, but this instantly softened my skin and eliminated that dreadful shine for an extended period of time. I applied it prior to my makeup, which made it look great and last longer, without feeling oily. This is definitely my new go-to product!"

– Natalie Gallo, Woodbridge, Ont., reader

EDITORS' NOTE

Combating oily skin in the summer can be a nightmare. But, after a single use of this mattifying lotion (applied after daily moisturizer and before makeup), the results were clear. We were left with cool, calm complexions – no shine! It's a life-changing product for anyone plagued by oily skin.

LIVING PROOF NO FRIZZ STRAIGHT MAKING STYLING CREAM, 118 mL, $26, contains a breakthrough ingredient that forms a weightless shield around the hair follicle, preventing moisture and reducing the friction that causes frizz. Over time it even improves hair's own ability to resist humidity.

THE VERDICT

"I love this product. It smells great and feels so nice not only in my hair, but also on my hands. It helped keep my frizz under control and my curls soft-looking and easier to manage. In Atlantic Canada, we get so much humidity and it makes my hair so frizzy – this definitely helps!"

– Cheri Gallant, Charlottetown, reader

EDITORS' NOTE

We must confess: the natural state of our hair (wavy, frizzy and out of control) is something we have to go to battle with every morning. But thanks to No Frizz, no one has to know! It left our hair frizz-free all day long without that greasy, sticky feeling you often get from other defrizzing products.

FOR SHOPPING INFO, SEE PAGE 218. PHOTOGRAPHY, GEOFFREY ROSS

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Style Matters

BEAUTY AND THE BOOK

When the word *classic* comes to mind, we always default to Grace Kelly, revered for her timeless ladylike look, her impeccable posture and those immaculate white gloves. From her antique lace–sleeved wedding gown to her affections for fashion houses like Lanvin and Christian Dior, ***Grace Kelly Style*** **(V&A Publishing, 2010, $46)** chronicles her closet during her reign as actress, bride and princess.

AU COURANT

The big story this spring is nudity: the majority of the catwalks opened with stripped shades of straw, blush, eggshell and beige. A departure from the typical eye-popping shades and neon brights we expect from spring, the nude streak is sneaking up in all things stylish – from clothing and accessories to lipstick and nail lacquers. Try incorporating this bare essential into your wardrobe. We promise it doesn't involve getting naked!

Sephora Natural Eye Tutorial, $47.
Studded clutch, $40, Aldo Accessories.
Revlon Nail Enamel in Nude Chic, Sheer Rose and Gray Suede, 14 mL, $6 each.

PHOTOGRAPHY, ANGUS FERGUSSON

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ASK THE STYLE DESK

Q: With the popularization of bold jewelry, how do I know if I'm overaccessorized?

A: Accessories can make or break an outfit. It's important not to be too heavy-handed or too sparing. Here are our rules of embellishment.

DO

- If you're wearing a statement necklace, keep earrings small and discreet, or opt to leave your lobes bare.
- Wear cocktail rings solo.
- Pair high-impact earrings with sizable bangles or an embellished cuff.

DON'T

- Shoulder dusters will bring attention to your face. Don't distract by adding a necklace or an ornate headband.
- If you're rocking a big, bold ring, don't add multiple rings and bracelets.
- Don't overdo it! In the words of Coco Chanel, "When accessorizing, always take off the last thing you put on."

STYLISH STEAL

This versatile safari jacket promises to deliver style – it can take you from office to evening and everywhere in between. The sleek military-inspired piece adds an instant cool factor to any outfit. We found this chic and cheap khaki coat from **Pure Alfred Sung from Zellers for just $40!** Tip: Shake things up by giving the masculine lines of this jacket a feminine touch by teaming it up with a chiffon dress or sequinned top.

YOU TOLD US

We asked about your go-to beauty item, and the results are in. An overwhelming 77 per cent of you can't leave the house without your favourite lipstick.

NOW TELL US

What's your summer beauty essential?

- Sunscreen
- Bronzing powder
- Self-tanner
- Bright nail polish
- Waterproof mascara

Go to canadianliving.com/june and dish! We will publish the results in an upcoming issue.

let's talk

For shopping information, see page 218

PHOTOGRAPHY, ANGUS FERGUSSON

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Joanne's Picks

Designed to fit your life!

Great designs make an impression, but what makes something extraordinary is when it's functional too. Joanne loves innovative products like the ones below, that do double duty and were designed to make life easier and work better.

Smart New Redesign!
- firm gel grip
- hollowed-out thumb rest
- angled neck

Pasta-tastic

Make perfect pasta with these great dual-use tools – measure out one, two or four servings of dry spaghetti with one end of the Williams-Sonoma beech wood pasta rake, then use the rake to keep pasta from sticking together during and after cooking. Strain small amounts of pasta and scoop on the sauce with the stainless steel strainer/ladle. *Magnifico!*

Counter addition

Buy yourself a little extra counter space with this handy multi-purpose over-the-sink Gripboard® cutting board with pop-up strainer from Dexas. The cutting board is made of durable polypropylene that won't dull knives. This strainer allows you to conveniently pick up your veggies and move them into a bowl without fussing or spilling.

REACH® TOTAL CARE™ Multiaction Toothbrush

Extraordinary design! Clinically proven to provide superior cleaning to every area of the mouth – new REACH® TOTAL CARE™ Multiaction bristles have been designed with polishing elements that reach deep between the teeth and along the gum line to remove plaque from the hard-to-reach areas, for a superior whole mouth clean.

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The use of many permanent colours can cause damage to the hair fibers, which can leave your hair looking dull, dry and brittle. Natural Instincts has a gentle formula with conditioning ingredients that protect against dryness, so you can get healthier-looking colour† and softer hair in just 10 minutes†.

the first haircolour clinically proven to be less damaging*.

CONDITION, CONDITION, CONDITION.

Every box of Natural Instincts contains 6 weekly conditioning treatments that are enriched with aloe and other special ingredients to help provide long lasting, soft, silky results.

YOU CAN NEVER BE TOO RICH.

Introducing the new Rich Colour Crème collection. Ten hot new crème shades specially formulated for no-drip, precision application that delivers deep, rich colour. With the addition of the Crème line, the total Natural Instincts palette now has 49 brilliant shades.

NEW

STYLE & SPA – NATURAL IS LUXURIOUS.

Visit **haircolourbreakthrough.ca** to watch an exclusive interview with celebrity colourist Luis Pacheco and enter for a chance to **win $2,500 for a year of monthly spa treatments††**.

*vs leading level 3 haircolour **follow directions for use †vs untreated ††No purchase necessary. Contest closes April 30, 2010.

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Natural Instincts is the first colour clinically proven less damaging.* No wonder 80% of women said it made their hair feel softer than before they coloured.** The antioxidant, ammonia-free formula not only looks good, it feels good too. Find out more about Natural Instincts 10-minute colour at haircolourbreakthrough.ca. IT'S ALL GOOD.

*vs. leading level 3 **among 564 US women who saw a difference

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WHOLE LIFE
Makeover, Part 2

Catch up with our two Becel makeover participants, Dawn Burns and Liz Pappas, who have hit Month 4 of their makeovers.

BY YLVA VAN BUUREN

PHOTOGRAPHY BY NANCY FALCONI

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Two women – Dawn Burns, a single, career-focused city dweller, and Liz Pappas, a married mom of two teens who lives in the 'burbs – discover that breaking a sweat at the gym and noshing nutritiously is hard work, but so worth it.

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MAKE YOUR HEART HAPPY

Lifestyle habits play a huge role in reducing your risk of heart disease and stroke, which are the leading causes of death and disability in women today, says Dr. Beth Abramson, a cardiologist at St. Michael's Hospital in Toronto and spokesperson for the Heart and Stroke Foundation. Common risk factors for heart disease are high blood pressure and cholesterol, diabetes, smoking and a family history of heart disease. Being overweight and out of shape exacerbates these risk factors, says Abramson. Along with a heart-healthy diet, here are four habits that will help you take care of your heart.

1. Don't smoke.
2. Be active. You can join a gym, sign up for some exercise classes or make fitness a part of your daily life, for example, by walking regularly instead of driving everywhere.
3. Maintain a healthy weight. This will help control your blood pressure, cholesterol levels and the tendency to develop diabetes. It will also help reduce inflammation in blood vessels, which is associated with heart attack and stroke.
4. Deal with stress in heart-healthy ways. For example, instead of eating junk food, go for a brisk walk or cook up a healthy meal. Visit canadian living.com/june for more heart health tips.

Overall, Dawn is thrilled with how she's feeling. "I have energy all day long. And I feel better about the way I look, and want to show it off – so I go out more."

DAWN BURNS

In just four months, Dawn has lost 13 pounds and gained a more positive attitude toward life. "I feel lighter and healthier, and I have more confidence than I've had in a really long time," says Dawn.

With a membership at Extreme Fitness and some help from her personal trainer, Justin Williams, Dawn has gone "from couch potato to fitness gal." She's committed to doing an hour-long fitness program three times a week at the gym, and to walking the 14 floors up to her apartment twice a week. "I haven't slipped up yet," Dawn says. She's also found ways to be more active in her everyday life. "I often take the stairs or walk up the escalator at the subway or the office – some days I practically run up!"

For the first few months, Dawn worked out with Williams once a week and by herself twice a week. "He taught me techniques and helped me feel like I belonged at the gym," she says. Now Dawn meets with Williams just once a month. "He keeps changing up my exercises, which means I am getting stronger and more fit," she says. "He always pushes me to that next level where I don't think I can do it – and then it turns out I can." When Dawn first started, for example, she used 10-pound dumbbells for certain exercises. Now she uses 20 pounds.

Like all of us, Dawn has days when she doesn't feel like working out, "but I know I'll feel worse if I don't go to the gym," she says. "Plus, once you start seeing results, you get hooked on improving yourself. And my workouts always make me feel like I've accomplished something."

EATING RIGHT

Dawn's eating habits have improved, too. She now has three healthy meals a day and has cut coffee, deep-fried foods (such as french fries), alcohol and spicy foods from her diet. This is helping to manage her GERD (acid reflux). One of Dawn's tricks for staying on track is to make sure "I have healthy snacks at work (almonds and bananas, and cookies made with blueberries and flax) for when I have junk food cravings, which tend to peak when I'm stressed."

She adds that "keeping a food journal for [registered dietitian] Cara Rosenbloom gave me time to think about my food choices and if they're giving me what I need."

Rosenbloom says that because Dawn is lactose intolerant, she tends to avoid dairy products and her diet may be low in calcium. Good sources include lactose-free milk, canned salmon with bones, fortified soy milk, leafy greens, beans and tofu with calcium. If she still does not meet her calcium requirement, supplements may be helpful. Rosenbloom also recommends that Dawn speak to »

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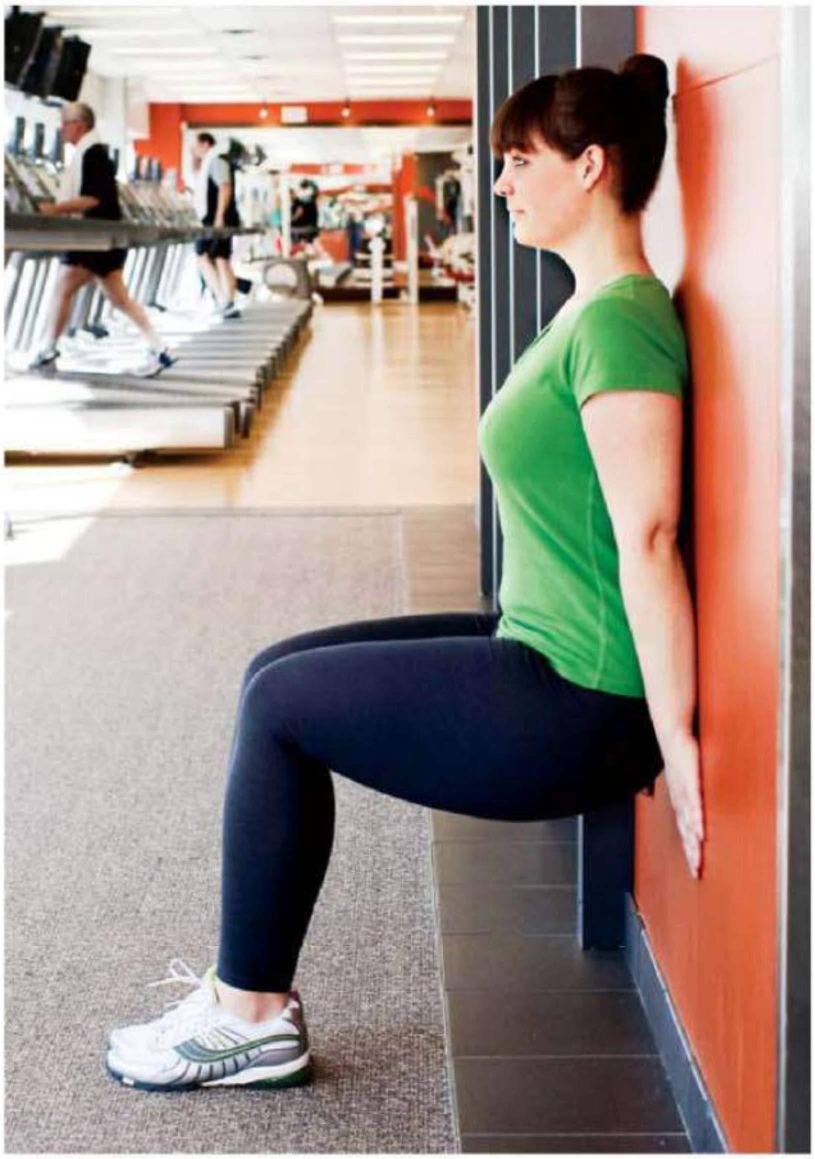
her doctor about taking lactase pills before eating dairy products.

While Dawn's overall cholesterol is good, her HDL (good) cholesterol level is a little low. "But regular exercise and continued weight loss, as well as eating more fatty fish such as salmon and trout, will help raise that," says Rosenbloom. High levels of HDL cholesterol are an important measure of our health because they can protect against heart disease and help remove bad cholesterol from our arteries.

Overall, Dawn is thrilled with how she's feeling. "I have energy all day long. And I feel better about the way I look, and want to show it off – so I go out more."

NEW CHALLENGES

Dawn's biggest hurdle is that she doesn't cook. "I live on my own, so I prefer eating out with friends or picking up something quick on the way home." Rosenbloom suggests that Dawn take a cooking class. She has also given Dawn some easy and healthy recipes from *Canadian Living's Eat Right* cookbook, and has encouraged her to start making some meals for herself and when she has friends over.



STAY THE COURSE AT CELEBRATIONS

This season is full of festivities – weddings, showers, graduations. Here are some tips for sticking with healthy habits while having fun.

- Portion control is always important, especially when there are rich desserts at hand. Have a small spoonful or two so you don't miss out, but don't overindulge. Depriving yourself can actually increase your cravings and chances of bingeing.
- When filling your plate, opt for healthier, low-cal fare such as vegetables.
- Raise a toast with calorie-free sparkling water. Drinking alcohol, pop, punch and fancy coffees can pack on the pounds.
- Fit some activity into your day, even if it's just a quick 20-minute walk in the morning. At a special event, wander around rather than sit too long in one spot, and if there's dancing, be sure to hit the floor.

DAWN BURNS

	MONTH 1	MONTH 4
Height:	5'9"	
Current Body Weight:	190 lbs	177 lbs
Resting BP:	135/80	128/68
Resting HR:	78 bpm	75 bpm
Total Body Fat:	36%	26.6%
Body Mass Index:	28	26
MEASUREMENTS (inches)		
Dress Size:	14	12
Arms:	12½ R	12¾ R
	12½ L	12¾ L
Chest:	38	37½
Waist:	34	29½
Hips:	45½	44¾

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Liz knows what motivates her, which is a big help. "I have a closet full of smaller-size clothes that I can't wait to wear again."

LIZ PAPPAS

Liz's makeover got off to a slow start because minor surgery sidelined her for a few weeks. But this mom of two teens has now recommitted to exercise, says her trainer, Sarah Mulaner. It shows: Liz has lost nine pounds.

Liz sweats it out most weekday mornings in fitness classes. She loves spinning and a combination free weights/cardio class. Some days she may also do a 45- to 60-minute cardio workout on the elliptical machine. "It feels great to burn 500 calories," says Liz, who loves the sense of accomplishment she has when she leaves the gym.

Every other Thursday, Liz works one-on-one with Mulaner, who provides strength-training workouts using free weights, an exercise ball and Liz's own body weight. The lower-body exercises emphasize leg strengthening without overloading the knee, says Mulaner. (Liz tore cartilage in her knee a few years ago. That injury kept her from the gym for a few months and led to her regaining much of the weight she had previously lost.) Liz also modifies the exercises that she does in her classes to protect her knee.

MAKING SMART CHOICES

Liz, who admits to craving carbs, is much more careful about what – and how much – she eats these days. For instance, she passes on seconds and chooses whole wheat bread instead of white, and oatmeal or bran cereal instead of refined cereals, because they're nutrient-rich and filling. "I also drink a lot of water to help me feel full, and if I crave a sweet, I'll just have a taste – a small piece of chocolate or half a cookie."

While she kept a food journal for Rosenbloom for a few days, Liz didn't find the process very helpful. "It was just one more thing in my already busy life."

Liz's main goal was to drop about 60 pounds and start exercising again, but she's reaping other benefits from her healthier lifestyle: sleeping better and feeling less stressed. There's more good news: her family physician, Dr. Valerie Kubazky, says both Liz's blood pressure and blood sugar are good. Her LDL cholesterol, however, is still a bit high, but Kubazky says it should continue its downward trend with Liz's ongoing exercise and weight loss. To boost Liz's HDL cholesterol, Rosenbloom recommends she eat more fatty fish, such as salmon, trout, tuna and sardines. "Liz can also make sure she is including more monounsaturated fats, such as olive oil, in her diet because they help boost HDL, in addition to regular exercise and continued weight loss."

LIZ PAPPAS

	MONTH 1	MONTH 4
Height:	5'7"	
Current Body Weight:	222 lbs	213 lbs
Resting BP:	102/60	108/60
Resting HR:	60 bpm	60 bpm
Total Body Fat:	36.5%	35.5%
Body Mass Index:	35	34
MEASUREMENTS (inches)		
Dress Size:	16	16
(but Liz says her clothes feel looser)		
Arms:	15½ R	14½ R
	15¼ L	14¼ L
Chest:	46¾	44½
Waist:	40	37
Hips:	45½	44½

NEW CHALLENGES

As Liz starts putting in more hours at a new part-time office job, one of her biggest hurdles will be to go to the gym after work, instead of in the morning. "I'm not sure where I will find the energy," she admits. Liz does know what motivates her, though, which is a big help. "I have a closet full of smaller-size clothes that I can't wait to wear again." ■

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Migraine Relief

The latest news on how to stay ahead of your migraines

BY RHEA SEYMOUR

If you get migraines – or have a close friend or family member who does – you may think you already know how to deal with them, or perhaps you have even given up trying to alleviate them. Here's the good news: There are new medications and treatments that can really help, says Dr. Michael Zitney, director of the Headache and Pain Relief Centre in Toronto. Here's what you need to know about managing migraines. »

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• **Know your triggers.** Some of the most common migraine triggers include hormonal fluctuations, weather changes, stress – or the letdown after stress – red wine, aged cheese, chemicals in food and drink (such as aspartame), strong odours, bright lights, too much or too little sleep, and irritation in your neck or jaw muscles. "Most migraines are not caused by one trigger – it's almost always a combination," says Zitney. While some things, such as the weather, are unavoidable, you can definitely limit your suffering by steering clear of your triggers and adapting your lifestyle. "Most people don't put enough emphasis on the things they can change," he says.

• **Sign up for weather alerts.** A drop in barometric pressure appears to be an important factor for many migraine sufferers. According to a 2009 study in *Neurology,* it may affect the fluid protecting your brain from the inside of your skull, resulting in increased pressure on external brain tissue. Register for the weather health warning system MediClim (mediclim.com) to receive free email updates about specific weather conditions in your area. "But don't get too obsessed," says Zitney. "If you're changing the things you can, such as getting more consistent sleep and eating throughout the day, then weather won't be as big of an issue."

• **Keep a migraine diary.** Track your diet, exercise, stress levels and symptoms. It worked for Julie Hewlin, from London, Ont., who now gets four migraines a year instead of 12. After keeping a journal to identify her main triggers, Julie, 38, learned to manage them better by taking walks on her lunch break and getting regular chiropractic adjustments. For a downloadable migraine diary, visit the Headache Network Canada at headachenetwork.ca.

• **Watch what you eat and drink.** Avoid foods that contain chemicals such as MSG and artificial sweeteners. You should generally avoid both red and white wine, too. Yes, it's a drag, but wine can be a trigger because it contains sulfites and preservatives. "If you're going to drink wine, look for organic white wine, which has fewer chemicals, and drink it in moderation," adds Zitney.

And take a pass on fruity cocktails, too. They're often loaded with food dyes, preservatives and high-fructose corn syrup, which are all headache triggers, says Dr. Christine Lay, director of the Centre for Headache at Women's College Hospital in Toronto.

In addition, the chemicals in steak seasoning and barbecue sauces, and nitrates in meats and smoked meats can also pose a problem, so choose what goes on your plate wisely.

If you skip meals or have a serious sweet tooth, it's time to rethink your eating plan. The sugar in carbohydrates causes blood sugar to rise and fall. That roller coaster ride can result in a roaring migraine when you eat too many carbohydrates and not enough protein. To keep your blood sugar levels stable, eat protein-rich foods, healthy fats and lower-glycemic carbs, such as fruits and vegetables, every two to four hours.

• **Cut back on caffeine.** If your coffee habit doesn't seem to affect the number of headaches you get, there's no reason to stop loving those lattes. But if you're regularly drinking caffeine and getting migraines, switch to decaf. Kick your soda and caffeine habit slowly, by gradually switching to drinks that won't cause migraines, such as mineral water or herbal tea.

• **Give your senses a break.** If you have migraines, you're susceptible to sights and smells, so look for fragrance-free sunblock, insect repellent and skin-care products.

• **Take your sunglasses with you.** Exposure to bright sunlight or glare from the sun's reflection on water or metal can trigger a migraine in some people. Experts aren't sure why this happens, but migraines may be triggered by bright light or glare when it reaches the visual cortex of the brain.

• **Set your alarm clock.** Too much or too little sleep is a huge trigger. Shoot for the same number of hours each night and wake up at the same time daily – yup, even on weekends. To get a good, deep sleep, wind down before bedtime: shut off your Blackberry and get into relaxation mode by reading, meditating or taking a bath.

• **Exercise your way to fewer migraines.** Regular workouts appear to reduce the number and severity of migraines, says Dr. Werner J. Becker, a professor in the departments of clinical neurosciences and medicine at the University of Calgary. Experts aren't exactly sure why exercise reduces migraines, but they do know that it helps keep your weight in check, which is another way to manage migraines: recent studies have linked obesity to migraines. Just make sure you warm up slowly and keep an eye on your posture; if you're straining your neck to read a magazine on the treadmill, it could exacerbate migraine symptoms later.

MEDICATIONS

• **Take the right medication at the right time.** Triptans, such as Imitrex, are widely accepted as the best treatment for migraines. "They can stop a migraine within an hour about 70 per cent of the time," says Zitney. If you take triptans and experience flushing, palpitations and chest pain for more than 30 minutes, get medical help. However, if you don't have high blood pressure, or heart or kidney disease, and have not »

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experienced these side-effects, Zitney recommends giving triptans a try.

"There are now seven brands available in Canada, and you should try them all until you find one that is going to help," he says. For the best results, use them correctly: Take the medication as soon as the pain hits. Wait one to two hours for it to work. If you do not experience significant migraine relief, take another painkiller if you feel you need it. If you need to take 10 or more doses of triptans a month, talk to your doctor about preventive medications.

• **Consider preventive medications.** If you have chronic migraines, triptans alone may not be enough – you may need to consider one of the nonmigraine medications that can help reduce the frequency of your migraines. Certain antidepressants, such as amitriptyline, may be helpful because they let your brain release neurotransmitters that help you sleep better, which is a headache-fighting tool. Beta-blockers such as propranolol, which are normally used to treat high blood pressure, may also help ward off migraines. And antiseizure medications, such as topiramate, may also prevent some of the changes in brain chemistry that can cause a migraine headache to start.

• **Use painkillers effectively.** If you're reaching for over-the-counter painkillers, "take a strong enough dose to kill the pain and then lie down and sleep to stop [your headache] from escalating into a three-day migraine," says Zitney. To minimize menstrual migraines, start taking an anti-inflammatory such as ibuprofen or naproxen a few days before your period. To avoid rebound headaches from overusing painkillers, talk to your doctor or pharmacist about the correct dose and taking preventive medications.

• **Think twice about the pill.** For about one-third of women in their 20s and 30s, the estrogen in the contraceptive pill can lead to more migraines, says Lay. If you want to use the pill, she recommends a low-dose monophasic type, which will contain a stable amount of estrogen. If you get migraines around the time of your period, talk to your doctor about taking the pill continuously, so you won't get a period or the hormonal fluctuations that go with it.

ALTERNATIVE OPTIONS

• **Book a massage.** Strain in your shoulders or neck, from sitting at your desk or driving, may be a trigger. "You may not even notice it that much, but your brain does," says Zitney. Massage can help by relaxing your muscles and reducing the effect of pain on your central nervous system. To keep those upper-body aches and pains from morphing into a migraine, see a massage therapist, chiropractor or physiotherapist, or take up yoga or tai chi, which emphasize good posture and relaxation. "Make sure your massage therapist is experienced with migraine patients," adds Zitney. "If the individual is too aggressive, the treatment can cause a migraine to flare up."

• **Vitamins and herbs.** Certain vitamins and herbs appear to be helpful for warding off migraines, says a 2009 study in the *Clinical Journal of Pain*. "Correcting all of your vitamin deficiencies and consuming a healthy diet in sufficient quantities (not skipping meals) will help your brain fight off migraines better," adds Zitney. Taking 500 milligrams (mg) of magnesium (a natural muscle relaxant that's also found in dark leafy greens, nuts and whole grains) may be particularly helpful if you get migraines with your period. If you're not getting enough vitamin B_2 (also known as riboflavin) from lean meats, eggs and dairy products, try taking a 400 mg B_2 supplement each day.

The herb butterbur (50 mg, three times daily, reducing to twice daily) and the nutrient co-enzyme Q_{10} (300 mg a day) can also be helpful but may be more difficult to find; check with a health food store or naturopath.

For each vitamin and herb, start with a low dose and gradually build up to the recommended dose, says Lay. Some studies suggest the herb feverfew may be a good migraine preventive, but Lay doesn't recommend it because it can cause rebound headaches.

• **Acupuncture.** This may also help prevent migraines, according to a 2009 review of studies by researchers at the University of Munich in Germany. But Lay says acupuncture's effectiveness for preventing chronic migraines is still in question.

• **Botox.** Lay says this neurotoxin is particularly effective for people who get six or more migraines a month; it's injected into the areas where you get migraine pain. The cost varies, but you can expect to pay about $600 per treatment. To treat migraines, most people need Botox injections every 12 weeks, but will eventually be able to reduce that number to twice a year. Studies on the effectiveness of Botox for migraines have had mixed results, but the treatment has been a lifesaver for migraine sufferer Nancy Smith* of Saint John, N.B., who says "the results have been amazing." Read more about the other conditions that Botox can treat online at canadianliving.com/june. ■

** Name has been changed.*

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VICHY
LABORATOIRES

[1]Self-evaluation on 52 women. [2]Clinical test on 40 women. [3]Clinical test on 39 women. [4]In vitro test.

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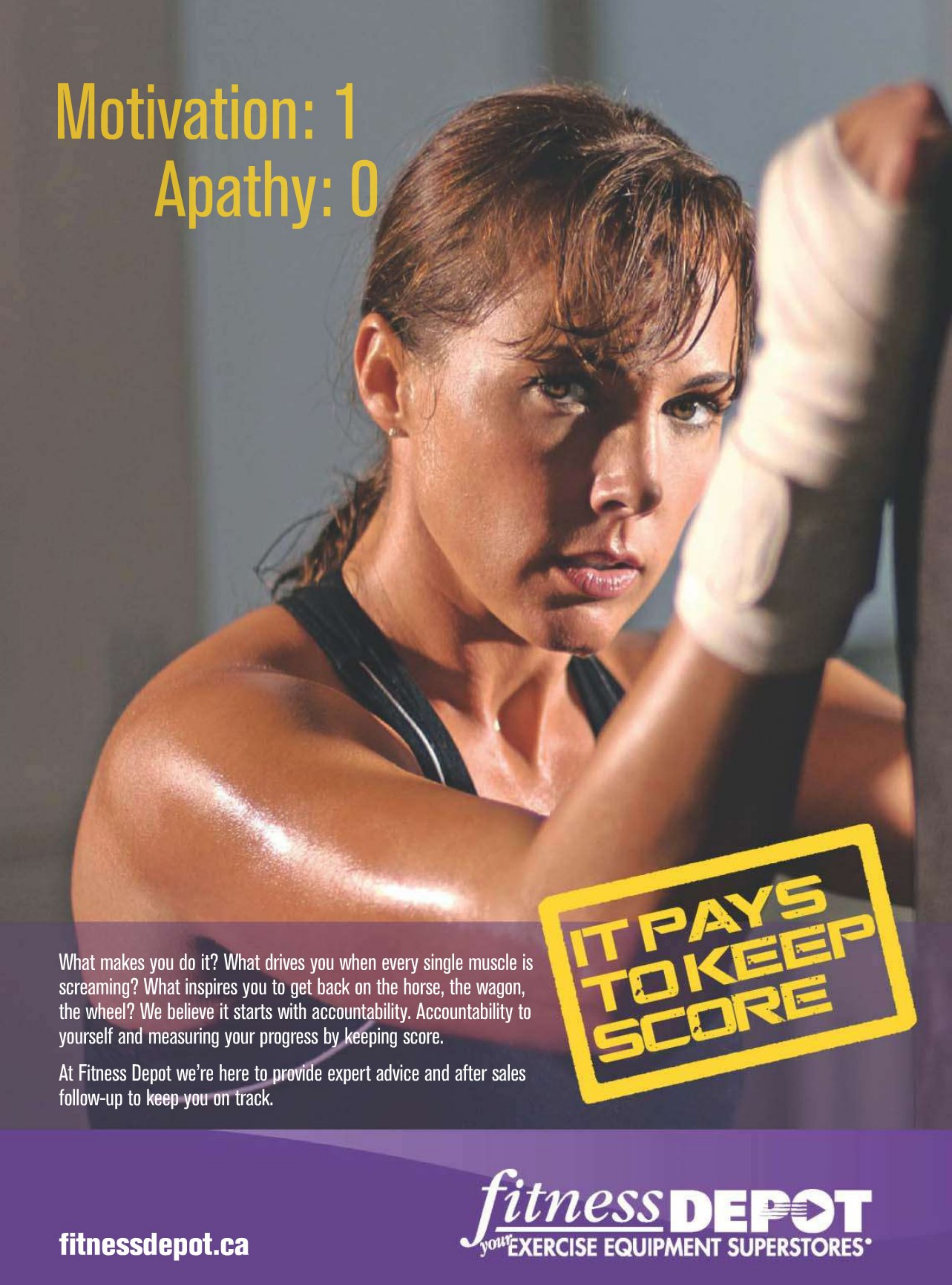

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Ab Fab

Tone your tummy for summer

BY PAMELA MAZZUCA PREBEG, PERSONAL TRAINER, ATHLETIC THERAPIST
PHOTOGRAPHY BY GEOFF GEORGE

NOTHING WILL MAKE you more confident this swimsuit season than sculpting your stomach – taking it from squishy to sexy. And you won't have to do thousands of boring old crunches.

THE WORKOUT

Complete three sets of 12 to 15 repetitions for each exercise (three sets of 30 to 45 seconds for the plank), resting for 45 seconds between sets. Complete all three sets for the first exercise before moving on to the second exercise, and so on. For optimal results, do this workout three times a week, try to fit in 30 minutes of cardio at least four days a week and follow a healthy eating plan.

WHAT YOU WILL NEED: exercise ball; yoga mat

PLANK

WHAT IT WORKS: Tones your tummy (rectus abdominis) and strengthens your lower back (shoulder girdle, erector spinae)

HOW TO DO IT: Lie facedown on a mat, resting on your forearms with your elbows directly under your shoulders and your toes curled under. Lift your hips off the ground, supporting your weight between your forearms and toes. Keep your body straight like a plank and your spine in proper alignment. Hold for 30 to 45 seconds. Breathe. Repeat.

HAIR AND MAKEUP, GREG B, TRESEMMÉ HAIR CARE/MAC PRO MAKEUP FOR JUDY INC.

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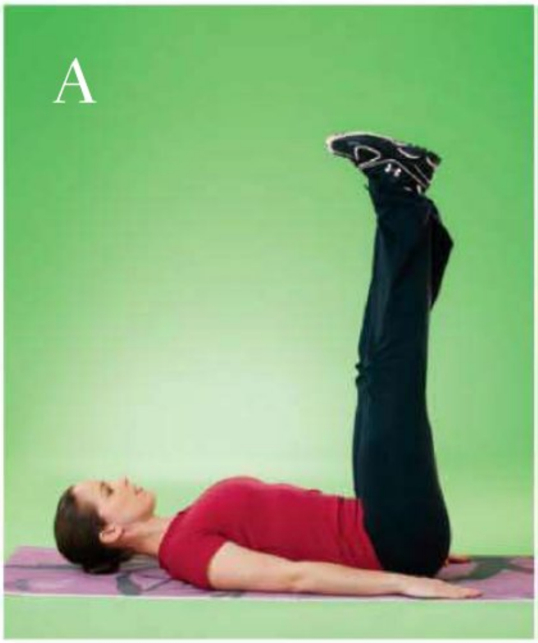
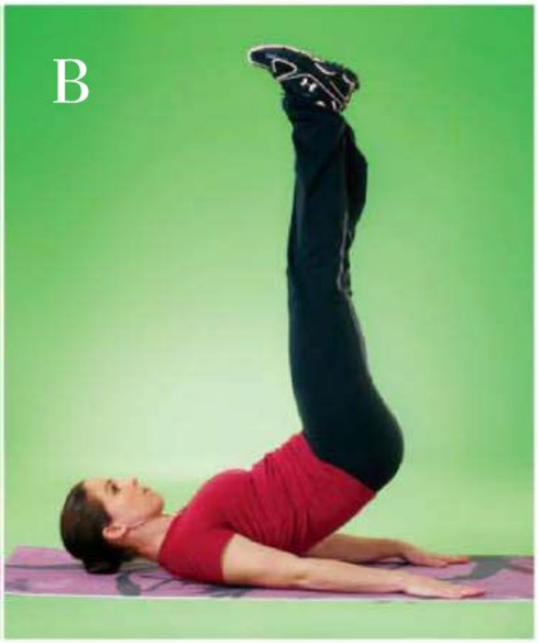
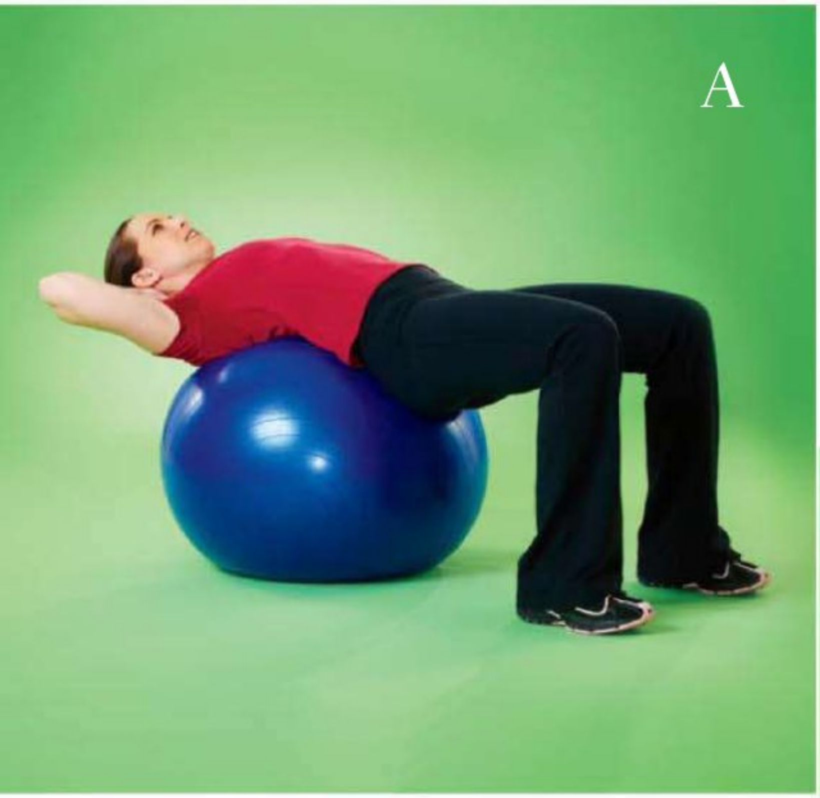




REVERSE CRUNCH

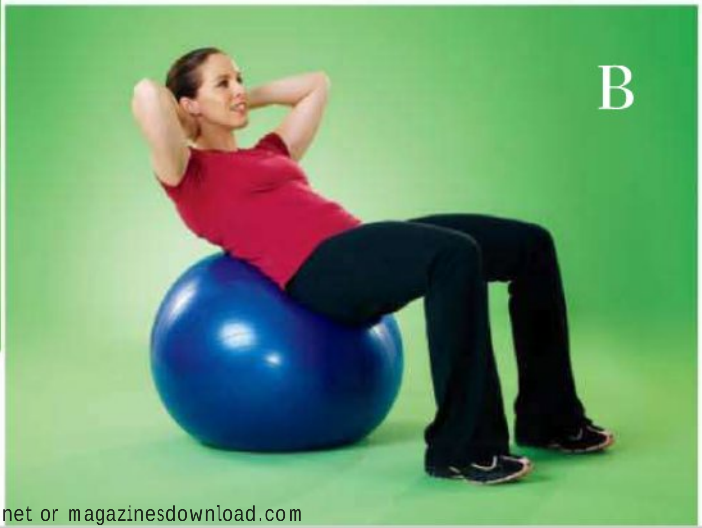
WHAT IT WORKS: Tones your tummy (rectus abdominis)
HOW TO DO IT: Lie faceup on a mat and raise your legs straight up over your hips, keeping your knees and ankles together, and feet flexed. Extend your arms along your sides, palms down. Keeping your legs together, flatten your lower back into the ground by tilting your pelvis backward **[A]**. Exhale and lift your hips up off the floor, pressing your heels up toward the ceiling **[B]**. Hold for a second, then inhale and slowly lower to start position. Repeat.

Want to get fit and stay in shape? Visit canadianliving.com/june to sign up for our Spring Boot Camp.



BALL CRUNCH

WHAT IT WORKS: Tones your tummy (rectus abdominis)
HOW TO DO IT: Sit on top of an exercise ball and slowly walk your feet forward as you lean your upper body back, until the ball rests in the small of your back (your natural arch). Place your fingertips at your ears or behind your neck **[A]**. Exhale and curl your upper body up, shortening the distance between your rib cage and hips **[B]**. Hold at the top for a second, inhale and slowly lower to start position, allowing your upper body to unroll over the ball to get the greatest range of motion. Repeat.



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SNACK YOURSELF REGULAR.

Two All-Bran* Chewy Bars a day can help you feel great because they're made with wheat bran fibre, the best cereal fibre to help keep you regular.

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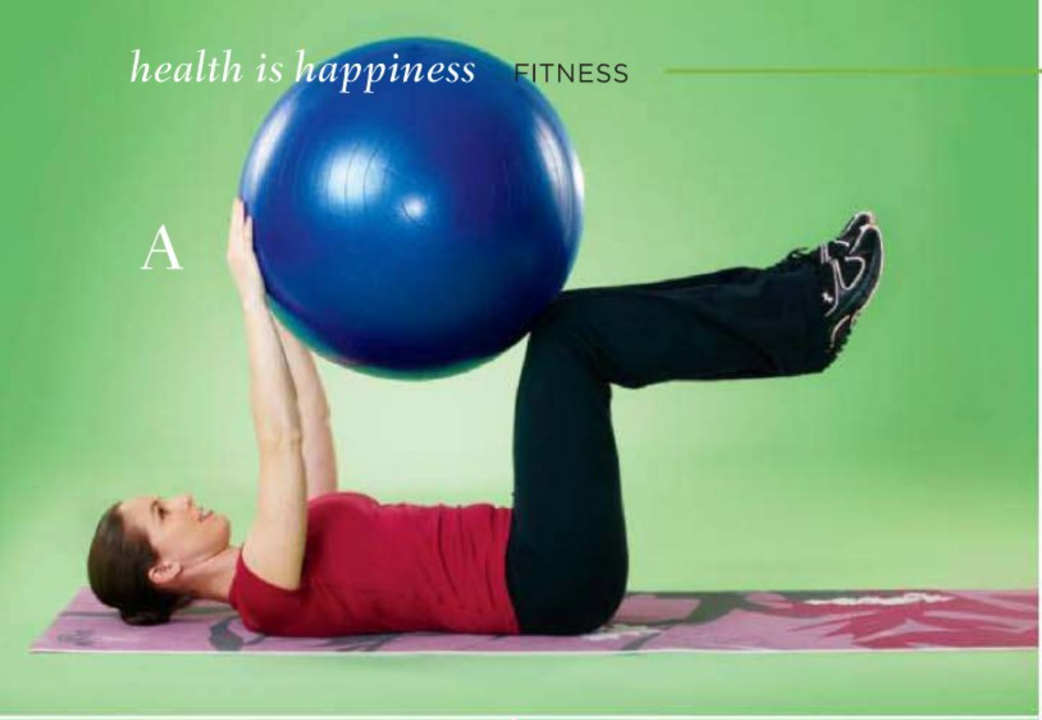

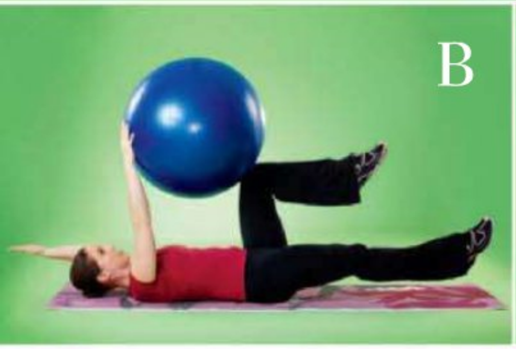

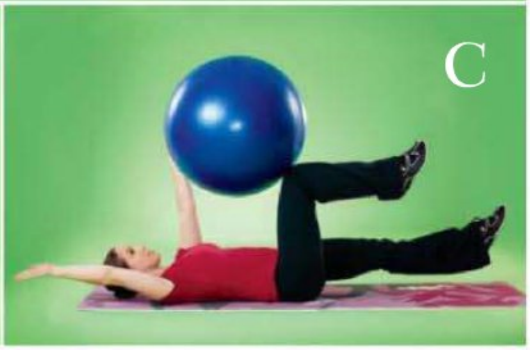

DEAD BUG WITH A BALL

WHAT IT WORKS: Tones your tummy (rectus abdominis)

HOW TO DO IT: Lie faceup with your arms straight in the air, and hips and knees bent to 90 degrees. Tilt your pelvis backward to flatten your lower back into the ground. Hold the ball between your hands and knees **[A]**. Exhale and slowly lower your left arm overhead while simultaneously extending your right leg away from you **[B]**. Hold for a second, inhale, then raise your arm and leg back up to the ball. Repeat with your right arm and left leg **[C]**. Continue, alternating sides.

BICYCLE

WHAT IT WORKS: Tones your sides (obliques) and tones your tummy (rectus abdominis)

HOW TO DO IT: Lie faceup on the floor with your fingertips at your ears or behind your neck. Lift your left leg a few inches off the floor and bring your right knee toward your chest. Lift your shoulder blades off the floor and touch your left elbow to your right knee **[A]**. Reverse your elbows and knees **[B]** in a moderately paced pedalling motion.

ASK PAM

Q: Is there anything I can do to prevent bloating?

A: Swallowing air is the major culprit of bloating. To avoid bloating, take your time when you're eating; avoid overeating, drinking carbonated drinks, drinking through a straw, chewing gum, eating hard candies and smoking; and exercise regularly.

TRAINER'S TIP

Go slow when you're training your abs. Slowing down your reps will allow you to feel the burn and get the most out of your workout.

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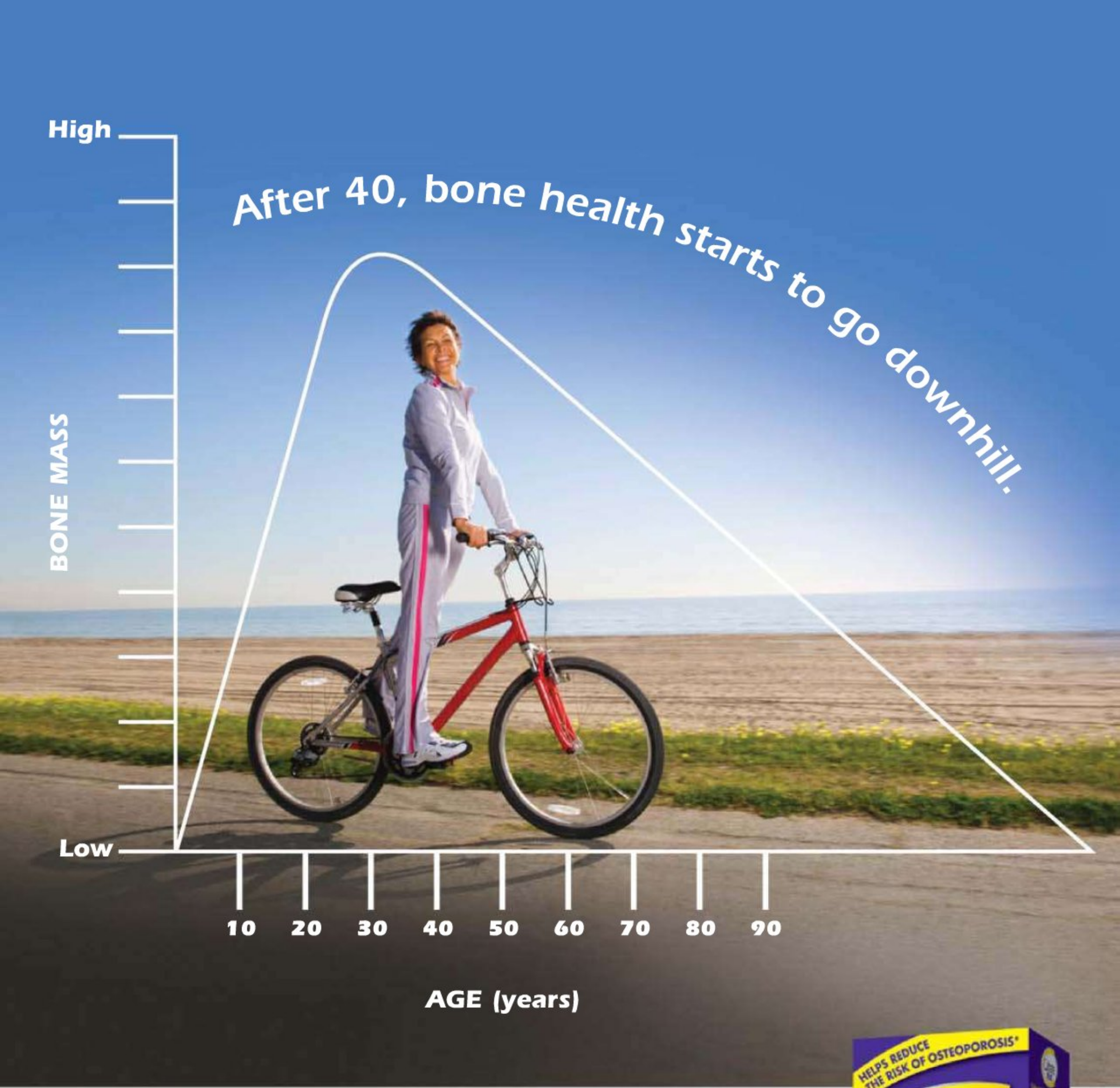

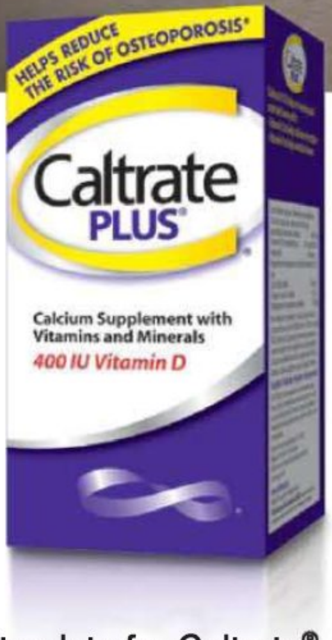

1 in 4 women will get osteoporosis.
You don't have to be one of them.

As you get older, your bones begin to lose calcium faster than they can replace it. Left untreated, this can lead to osteoporosis. That's why many doctors recommend Caltrate Plus®. It provides calcium, plus vitamin D and other minerals like magnesium that help maintain strong bones and prevent osteoporosis.

www.caltrate.ca

Be sure this product is right for you. Please read and follow the label.

It's never too early or too late for Caltrate®.

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The Canadian Diet

Enjoy the healthy bounty our country has to offer: omega-3-rich Pacific salmon, Canadian-produced dairy and much more.

BY CARA ROSENBLOOM, RD

From barley to apples to milk, Canadian farmers grow and produce an abundance of nutritious foods. Our food is so healthy that some nutrition experts argue the Canadian diet rivals the Mediterranean diet when it comes to eating for optimal heart health. "The death rate from heart disease is similar in Italy and Canada, and about 30 per cent lower than in the U.S.," says Harvey Anderson, professor of nutritional sciences at the University of Toronto.

The term "Canadian diet" was coined in a report by the Canadian Agri-Food Policy Institute and inspired by the Mediterranean diet, which is built around a heart-healthy combination of plenty of veggies and fruit, olive oil, lots of fish and only a little red meat. »

PHOTOGRAPHY, ANGUS FERGUSSON

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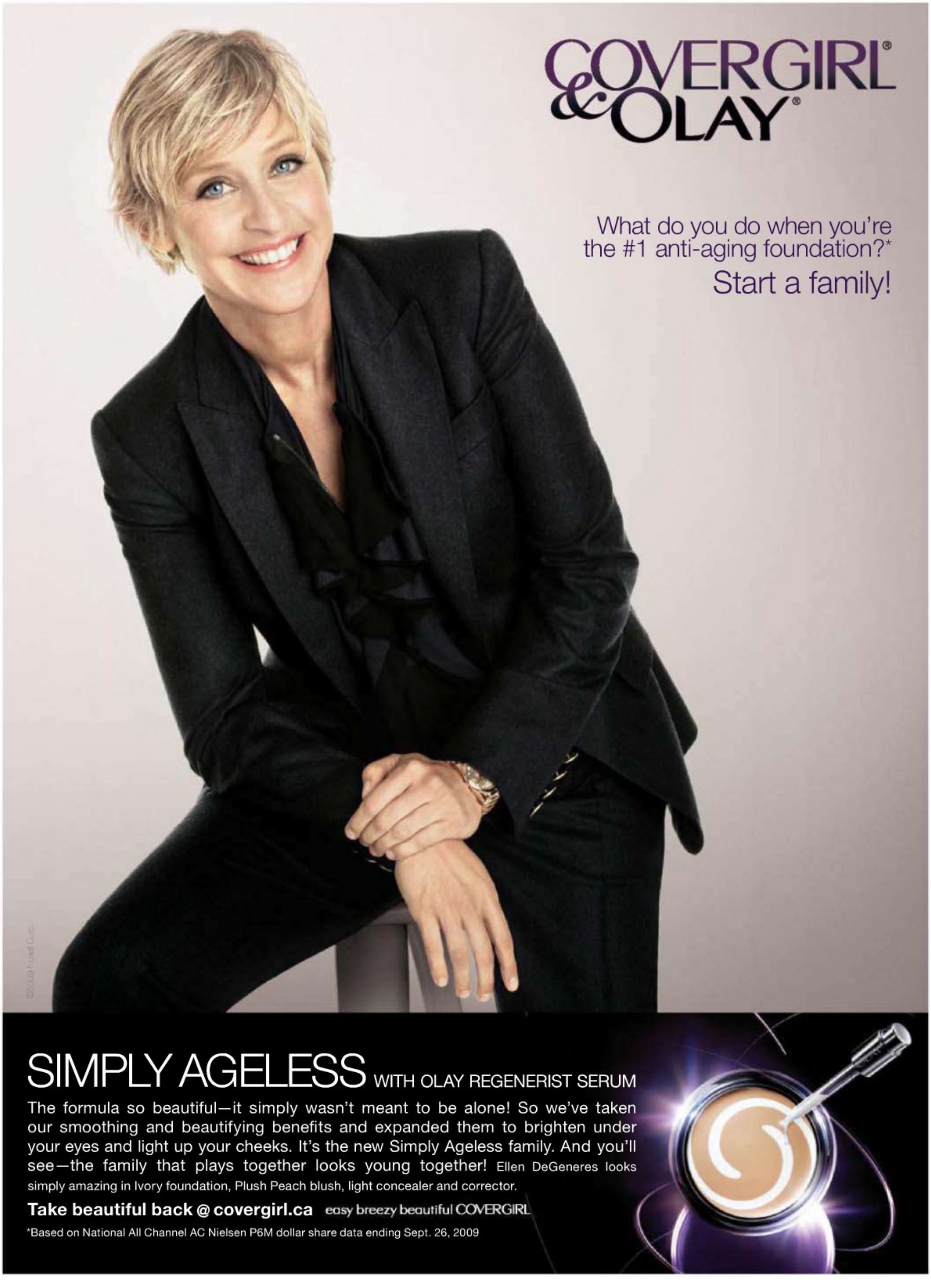

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Anderson encourages us to "celebrate our Canadian food supply." Both Anderson and Anita Stewart, a culinary activist and author of *Anita Stewart's Canada: The Food, The Recipes, The Stories* (HarperCollins Canada, 2008), recommend these local, nutrient-packed all-star foods as the basis for a Canadian diet:

- calcium-rich, low-fat milk and yogurt;
- salmon, canola, flax and omega-3 eggs, all sources of omega-3 fats;
- fibre-full barley and wheat berries;
- antioxidant-dense fruit, such as blueberries, apples and plums – try a fruit smoothie with yogurt and Canadian berries;
- cholesterol-lowering lentils and beans;
- vitamin-rich tomatoes, broccoli and squash; and root vegetables such as carrots.

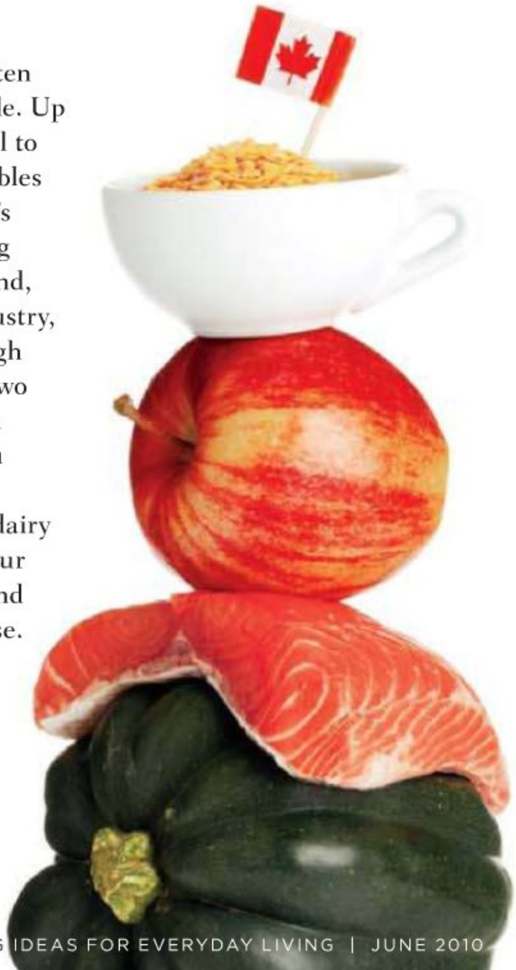
HOW CAN YOU GET MORE OF THESE GREAT CANADIAN FOODS INTO YOUR DIET?

Choose local products more often and follow Canada's Food Guide. Up to 60 per cent of Canadians fail to get five daily servings of vegetables and fruit, even though Canada's Food Guide recommends eating seven to 10 servings per day. And, despite our immense dairy industry, two-thirds of us don't get enough milk products. Simply having two servings of low-fat milk or milk products each day can help you meet Canada's Food Guide recommendation. Consuming dairy products may also help keep your blood pressure under control and reduce your risk of heart disease.

"When we're thoughtful shoppers and we cook from scratch, it's much easier to follow the Canadian diet," says Stewart, adding that "if we eat processed foods, we have no idea where the ingredients are from."

What's more, Canadian-grown foods support our economy – and our farmers – and are great for export. "The Mediterranean diet brings to mind certain commodities, such as tomatoes and olive oil. But why not brand Canada as an international source for healthy food?" asks David McInnes, president and CEO of the Canadian Agri-Food Policy Institute.

Replace the olive oil with canola oil, add some local salmon and berries, and you'll have a northern version of the heart-healthy Mediterranean diet, featuring foods from your own backyard. And don't forget low-fat Canadian milk products, which are produced naturally without antibiotics. They help keep your heart healthy, too. ■



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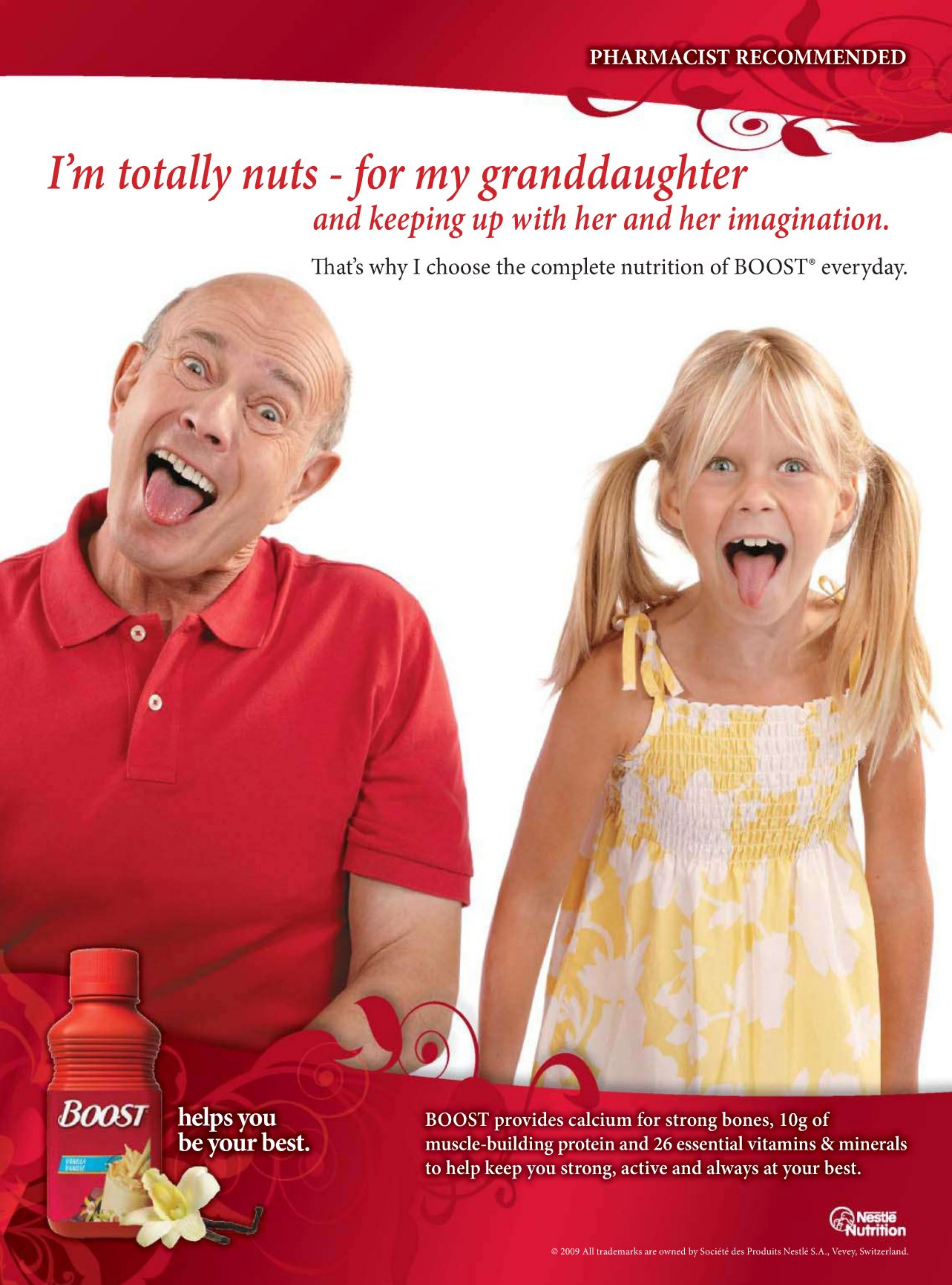

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Health Matters

HERE COMES THE SUN... 6 SUNSCREEN MISTAKES TO AVOID THIS SUMMER

There's lots of info about sunscreen these days. Here, Dr. Lydia Evans, a dermatologist who works with L'Oréal Paris, offers tips on avoiding commonly made mistakes, so you and your family can stay protected this summer.

1. Don't use sunscreen on babies. Instead, keep them out of the sun altogether.

2. Take a pass on any products that offer only UVA protection. Select a sunscreen that says "broad spectrum" or notes that it offers both UVA and UVB protection on the label.

3. Put your sunscreen on before you get dressed to make sure you don't miss any areas.

4. The saying "a little dab will do" doesn't work with sunscreen. Cup your hand and fill it up: This is how much sunscreen you'll need. If you use a spray, cover every area twice.

5. Don't forget those commonly overlooked and easy to burn areas: your lips, eyes and nose and, for some men, the top of the head.

6. If you are towelling off after swimming or an activity such as tennis, reapply your sunscreen right away – even if it's waterproof – because you've likely wiped it off.

– Kathryn Dorrell

PHOTOGRAPHY, MASTERFILE

let's talk

YOU TOLD US

Last month we asked, How are you a role model for your kids? Here's what you had to say.

- I eat healthily whenever possible. **44%**
- I make time for exercise and physical activity. **34%**
- I laugh a lot and keep my stress in check. **22%**

NOW TELL US

What's the main wellness change you'd like to see your partner make?

- Lose weight.
- Exercise more often.
- Cut back on the burgers and beer (eat better).

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off the shelf

Vanilla Ice Cream

Our nutrition expert looked at vanilla ice cream – here's what she found. (All nutritional information is for 125 mL/½ cup, which is the standard portion size.)

BY CARA ROSENBLOOM, RD

CHAPMAN'S ORIGINAL
- 120 calories, 6 g fat (3.5 g saturated), 17 g carbohydrate, 11 g sugars
- Main ingredients: cream, milk, sugar, thickeners
- Number of ingredients: 11, including artificial flavour
- Guaranteed gluten- and peanut-free

HÄAGEN-DAZS
- 270 calories, 18 g fat (11 g saturated), 21 g carbohydrate, 21 g sugars
- Main ingredients: cream, skim milk, sugar, egg yolks, vanilla
- Number of ingredients: 5
- Made from cream; no artificial flavours, colours or thickeners

BREYERS CLASSIC LIGHT
- 110 calories, 4 g fat (2 g saturated), 16 g carbohydrate, 14 g sugars
- Main ingredients: milk, sugar, water, palm oil, thickeners
- Number of ingredients: 13, including artificial flavour and colour
- 40 per cent less fat than Breyers Classic (7 g fat), but has a similar number of calories

NESTLÉ PARLOUR
- 110 calories, 3.5 g fat (3 g saturated), 17 g carbohydrate, 13 g sugars
- Main ingredients: milk, sugar, coconut oil, thickeners
- Number of ingredients: 12, including artificial flavour and colour

TOFUTTI PREMIUM FROZEN DESSERT
- 210 calories, 13 g fat (2 g saturated), 21 g carbohydrate, 15 g sugars
- Main ingredients: water, sugar, corn oil, soy protein, tofu, thickeners
- Number of ingredients: 15
- Lactose-, dairy- and cholesterol-free
- Made from tofu, but still higher in fat and calories than most ice creams

EDITOR'S PICK

Your feet can take a beating when the weather warms up (think sandals, gardening and just being more active). To keep them cool, soft and smelling fresh, treat your feet to Gold Bond Moisturizing Foot Cream, 113 g, $8.50.

PHOTOGRAPHY, GEOFF GEORGE

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Bandages *test driven*

Tip: Gently wash your cut or scrape with mild soap and water, then treat it with an antibacterial cream before putting on a bandage.

For shopping information, see page 218

NEW-SKIN LIQUID BANDAGE BY PRESTIGE BRANDS, $4.50, is a waterproof liquid bandage that, when sprayed on, forms a clear protective cover.

THE VERDICT
"It didn't sting at all and it dried really quickly."
– Emily Cohen, Montreal, reader

BAND-AID PERFECT FIT ADHESIVE BANDAGES, $6, are made from a material that stretches to let your skin breathe, and stays in place when wet.

THE VERDICT
"This one stayed in place and kept my cut clean for two days."
– Nancy Nash, Winnipeg, reader

NEXCARE BRIGHTS COMFORT FABRIC BANDAGES, $6.50, are flexible and soft. Moisture evaporates on the velvety material, which also helps keep the bandage in place.

THE VERDICT
"It's very comfortable – I forgot I was wearing it after a while."
– Wendy Graves, senior editor, Health and Life

4 TIPS FOR FOOD SHOPPING

To eat as healthily as possible, our nutrition expert – registered dietitian, Cara Rosenbloom – says we need to think about not only what foods we buy, but also how we shop for them. Here are her tips.

- When you're in the grocery store, buy those foods that need to be refrigerated last.
- Keep fresh meat in the lower part of your shopping cart so bacteria-laden juice doesn't drip on other foods.
- Avoid dented cans. Air may have seeped in, which can cause harmful bacterial growth.
- If you buy transparent bags of milk, store them in the outer bag and pour from an opaque container. Milk may lose vitamins when exposed to light.

PHOTOGRAPHY: GEOFF GEORGE (TOP); JUPITERIMAGES/THINKSTOCK

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We asked Canadian women, just like you, to try different beauty products.
Here, in their own words, is what they had to say.

Name: Laura McCrate
Age: 24
City/Province: Trenton, ON

“ Works wonders on my damaged hair! ”

SMART because:

Pantene Pro-V® Nature Fusion™ Shampoo and Conditioner System
Pro-v science and naturally derived cassia help give hair up to 4x* strength against damage in just 14 days.

SMART because:

Olay® Regenerist Superstructure Cream SPF 25
Hydrates to help rebuild skin's surface structure and restore a firmer look, with powerful anti-oxidants that help protect the skin's surface.

Name: Karen McPherson
Age: 43
City/Province: Calgary, AB

“ My skin feels less tight, and seems to look more refreshed, less tired. ”

SMART because:

Venus® Embrace®
5 blades surrounded by a ribbon of moisture for a smooth glide and dramatically smooth skin. Venus' closest shave.

Name: BJ Killam **Age:** 33
City/Province: Lewis Mountain, NB

“ It glided over my skin easily and my skin was not dry after using it. ”

*shampoo and conditioner system vs. non-conditioning shampoo

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Name: Laura Houlihan
Age: 28
City/Province: York, ON

"Stays on all day long with no clumping or flaking. It was very easy to get those little "baby" lashes that I have."

SMART because:

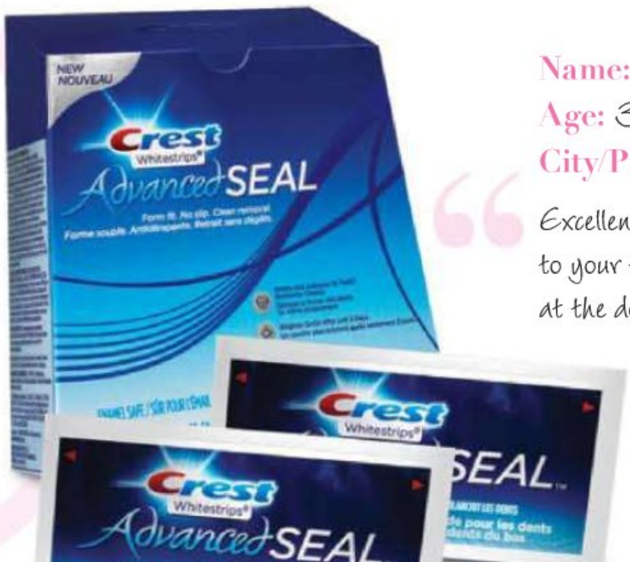
CoverGirl® LashBlast Length
New Elasta-Nylon formula provides up to 80% longer looking lashes.
No flakes, no breaks – just extreme lash length.

Name: Alexandra Uschenko
Age: 39
City/Province: Toronto, ON

"I was hesitant about it only being on my hair for 10 minutes. Afterwards – all grey was covered, and the colour was rich."

SMART because:

Clairol® Perfect10™ by Nice 'n Easy® Rich, high-gloss colour in 10 minutes. Satisfaction guaranteed!***



SMART because:

Crest® Whitestrips® Advanced Seal
Just 3 days to a brighter smile, with Advanced Seal technology that instantly molds and adheres to teeth so you can talk, get ready, even drink water while you whiten.

Name: Jill Kingston
Age: 34
City/Province: Saint John, NB

"Excellent! They really adhere well to your teeth. I could even whistle at the dog while wearing them!"

SMART beauty BUYS FROM P&G

Save time, save money, and look your best.
Now that's pretty **SMART**.

Look for these and other *Smart Beauty Buys* at your local retailer and at www.smartbeautybuys.ca

PRODUCTS CANADIAN WOMEN ARE TALKING ABOUT

**on average vs. bare lashes

***satisfaction guaranteed or your money back with UPC and cash receipt. Call 1-800-CLAIROL for details within 60 days of purchase with UPC and cash receipt.

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BEAUTY SECRETS
FROM THE EXPERTS

IN PARTNERSHIP WITH CityLine

High-gloss hair, a bright white smile, soft smooth skin, flawless makeup – they're beauty essentials on every woman's wish list. Our *CityLine* experts, as seen on Citytv, put six beauty products to the test. Read on as they share their tips, insights and **smart beauty buys!**

FASHIONISTA
JANETTE EWEN
CITYLINE STYLE GUEST EXPERT

JANETTE'S STYLE Balancing her busy days with her love of style and sophistication is Janette's biggest challenge. Hers is a demanding lifestyle that requires imagination, creativity, organization – and quick, smart beauty solutions that make a statement and help Janette look and feel her best.

Janette's TIP "A love of finer things has always shaped my life. Look for great style and beauty finds that make an impression – and fit into your schedule!"

"For me, smart beauty buys have to do the job — and do what they promise to do — to fit into my busy days."

1 CREST® WHITESTRIPS® ADVANCED SEAL
"When you're on TV and meeting lots of people, it's important to have a bright, white smile. What I love about Crest Whitestrips Advanced Seal is that they work quickly – in just a few days my teeth look whiter. And they really grip my teeth, so I can even use them when I'm on the move – they don't shift around and end up slipping off my teeth."

2 GILLETTE VENUS® EMBRACE®
"My Venus Embrace razor just glides over my skin, so I can get the job done fast – and my legs stay smooth."

3 CLAIROL® PERFECT 10™
"I used to be a platinum blonde, but I wanted something softer. I love this new colour – I think it really suits me, and my hair looks shiny and rich. The best part is that, with Clairol Perfect 10, colouring your hair takes just 10 minutes, which really suits my busy lifestyle."

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IMAGE MAKER
GRACE TARTAGLIA
CITYLINE HAIR AND MAKEUP GUEST EXPERT

GRACE'S STYLE A passion for glamour and attention to detail: Grace believes these are key for women who want to look their best and get ahead. Her styling has helped shape the looks of thousands of women, including many celebrities. Grace understands that the road to success begins with strong beauty fundamentals.

Grace's TIP "A fabulous look begins with a foundation of beautiful skin and hair. Start with products that give you a youthful, radiant glow, amazing eyes and healthy-looking, lustrous hair."

> "It's not about reinventing yourself or creating a look that isn't true to you. It's about enhancing your own beauty — and smart beauty buys do just that!"

4 OLAY® REGENERIST SUPERSTRUCTURE CREAM SPF 25
"For me, skin cream has to do more than moisturize the skin. That's what I love about Olay Regenerist Superstructure Cream. It gives skin's appearance a younger and firmer look – and actually helps to improve and restore the way your skin looks and feels."

5 PANTENE PRO-V® NATURE FUSION™
"In my line of work, I see hair that has become weak and damaged, often due to styling and processing. So I encourage my clients to look for hair products with ingredients that help to protect and strengthen hair. Pantene Pro-V Nature Fusion shampoos and conditioners combine Pro-V science with naturally derived ingredients. My clients really see the difference after they use them!"

6 COVERGIRL® LASHBLAST LENGTH
"When I apply makeup in the morning, I like to know that it's still going to look fabulous at the end of my busy day. CoverGirl LashBlast Length mascara makes my eyes really pop and it doesn't flake, so even if I have a late night it still looks amazing!"

ENTER TODAY FOR YOUR CHANCE TO WIN!*

CityLine.ca/smartbeautybuys

You could be the lucky winner of **a trip for two to Toronto,** where you'll receive a fabulous makeover. **Plus, your new look will be featured on *CityLine*!**

SMART beauty BUYS FROM P&G

Save time, save money, and look your best. Now that's pretty **SMART.**

PRODUCTS CANADIAN WOMEN ARE TALKING ABOUT

*No purchase necessary. Contest closes May 23, 2010. Open to Canadian residents (excluding Quebec) over the age of majority in their province or territory of residence. Limit one (1) entry per person. Odds of winning depend on number of eligible entries received by the contest closing date. Mathematical skill testing question to be correctly answered to win. There is one (1) Grand Prize available to be won, having an approximate retail value of $3,500 CDN. Winner (and guest) must be prepared to travel to Toronto the week of May 31, 2010. For full rules, prize descriptions and entry details, visit www.cityline.ca/smartbeautybuys.

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Escape 9 to 5.

You work hard all week so you can play hard all weekend. Whether you're heading downtown or out of town, Ford Escape will get you there.

Eight-inch ground clearance and available Intelligent 4WD ensure confident handling on any terrain. Balance power and fuel efficiency[1] with your choice of 4-cylinder, V6 or hybrid powertrains.

Every safety feature available on the Escape is standard. Six air bags help protect you and your passengers.

AdvanceTrac® with Roll Stability Control™ helps keep your wheels firmly planted†.

Drive the Escape Hybrid and you're driving the most fuel-efficient SUV on the planet*. You'll also be doing your part to improve air quality with near-zero tailpipe emissions in electric drive mode.

The weekend is coming. All you have to do is load up and escape.

2010 **Escape**
Starting at $24,999 MSRP

Ford **Drive one.**

Model shown $32,949 MSRP. Vehicle may be shown with optional equipment. 1 Estimated fuel consumption ratings for the 2010 Escape 2.5L 5 Speed Manual FWD (9.2L/100km city and 7.2L/100km hwy) /2.5L 6 Speed Automatic FWD (9.4L/100km city and 7.0L/100km hwy) / 2.5L 6 Speed Automatic 4WD (10.4L/100km city and 7.7L/100km hwy) /3.0L 6 Speed Automatic FWD (10.9L/100km city and 8.0L/100km hwy)/3.0L 6 Speed Automatic 4WD (11.6L/100km city and 8.8L/100km hwy)/Hybrid eCVT FWD (5.8L/100km city and 6.5L/100km hwy) /Hybrid eCVT 4WD (6.6L/100km city and 7.3L/100km hwy). Fuel consumption ratings based on Transport Canada approved test methods. Actual fuel consumption may vary based on road conditions, vehicle loading and driving habits. † Remember that even advanced technology cannot overcome the laws of physics. It's always possible to lose control of a vehicle due to inappropriate driver input for the conditions. * Based on unadjusted city fuel economy from U.S. EPA (11/09) and VCA (4/09). Fuel consumption ratings for 2010 Escape Hybrid FWD 5.8L/100km city and 6.5L/100km hwy. Fuel consumption ratings based on Transport Canada approved test methods and competitive information available at the time of posting. Actual fuel consumption may vary based on road conditions, vehicle loading, and driving habits. Excludes vehicles built for Mazda.

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CREATIVE **Party Twists**

You can throw one-of-a-kind celebrations that don't break the bank.

BY LISA BENDALL

PHOTOGRAPHY: MARIE DUBRAC/ANYONE/GETTY IMAGES

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It doesn't take much, really: a cool place to hang out with some friends, a little entertainment and a steady supply of snacks. When it comes to parties, kids are easy to please. Bigger isn't better or necessarily more memorable – just pricier. More and more parents are realizing that they don't need to break the bank to bring down the house.

Take Joyce Scharf of Montreal West, for example. All she needed to plan her two daughters' bat mitzvah parties was the local greasy spoon, a karaoke machine and some hot dogs and fries. Joyce didn't need to shell out a small fortune to make the celebrations special. "It was about the essence of the party, not the excess," she says. "We were going to celebrate, but we wanted to do it in a way that was meaningful."

That's the spirit more and more families are embracing today. So long, lavish loot bags and over-the-top fêtes. Meaningful and easy on the wallet is the new mantra for celebrating our kids' special occasions, be it a birthday, bar mitzvah, confirmation or graduation.

The shift in the economy is only one reason for this trend, says Michelle Gibson of Par-T-Perfect, an event-planning franchise on Bowen

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Island, B.C. Parents are also reassessing the lessons they want to give their kids, and asking themselves whether they should be teaching their kids that how you remember an occasion is more important than what you spend on it. "There's still pressure to keep up with the Joneses," says Terry Carson, a parenting coach in Toronto. "But parties should [speak] to your core values. And at the end of the day, you want something fun."

And fun is what the Scharf family got when they chose a retro diner as the venue for each of their girls' bat mitzvahs. The family had been stopping in for a bite to eat after swimming lessons for years, and they loved the checkerboard decor, counter stools and Coca-Cola memorabilia. "The owner knew my kids by name," says Joyce. Joyce's simple plans – the same for both parties, four years apart – called for blowing up a mess of helium balloons and letting the kids go wild. "My daughters and their guests had a blast – they danced on the counters."

Her older daughter, Grace, now 18, says, "It was cool not to have one of those huge, stereotypical bat mitzvah parties. We got to eat kid food, and I didn't have to wear an uncomfortable party dress!" Adds 13-year-old Lily: "Having it at [the diner] felt like we were in the '70s. My friends thought it was really fun!"

For parents who don't have the room to hold a special celebration at home, Joyce suggests a place that already holds special memories for your family. By booking the diner on an evening when it would normally be closed, the family had the place to themselves. Her daughters chose dollar-store greeting cards, and Joyce designed the invites on her computer. (Share your own tips for affordable entertaining at canadianliving.com/june. And while you're there, post photos and videos from your own low-cost, high-fun parties.)

WE'LL HAVE FUN, FUN, FUN

That was the order of the day when Vancouver mom Janet Mitchell was putting together an "Amazing Race" party for her son Colin's 12th birthday. Colin loved the high energy, as the party had the kids running all over the neighbourhood. He also liked the activities his parents planned – a mix of brainteasers, athletic tasks and goofy challenges, such as eating mystery foods while blindfolded and racing to fill a bottle of water perched precariously on your teammate's head.

"There was a lot of stuff for guests to laugh about and do together, and that interaction was what made it so much fun," Janet says. The party was Colin's idea, inspired by the TV show, which the family loves to watch together. "It was so inexpensive," adds Janet. In planning the party, Janet tapped friends for challenge ideas and looked on the Internet. "Google 'Amazing Race birthday parties,'" she says, "and you'll find a ton of ideas to borrow or adapt."

On the big day, Janet was glad she'd arranged to have extra adults at different challenge locations. "With just two of us and the kids spread out, we couldn't be everywhere." Enlisting fellow parents meant she didn't have to hire helpers. And they were even able to keep the more serious stuff light by reviewing neighbourhood safety over a casual lunch. (Think carbs and protein for the menu, to provide the kids with some serious energy for the action to come.)

ALL HANDS ON DECK

When Heather Davis threw a welcome-to-the-world party for her six-week-old daughter, Morgane, »

PARTY PLANNING

Inspired to organize your own simple yet sensational celebration? Here are some ideas to get your creative juices flowing.

- Match the theme or activities with your child's interests, whether your kid is crazy for cowboys or nuts about bugs.
- Go online. Good sites to start your search are birthdaypartyideas.com, coolest-kid-birthday-parties.com and kids-birthday-party-guide.com.
- Talk to friends and family, or post questions on your favourite social networking sites.
- Revive an old classic, such as a murder mystery night for teens.
- Forget presents. Take the pressure off the guests (and their parents) by stating in your invites that there are no presents required. Save on loot bags by skipping them, too, or handing out some homemade treats as kids leave.
- Add more meaning by helping the community: Build a birdhouse or plant a tree.
- Explore things you can do with new technology, such as setting up a scavenger hunt for school-age kids using digital cameras to capture images of items.

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the last thing this busy Montreal mom wanted to do was worry about cooking or catering. So she organized a potluck gathering – and she encourages other new parents to do the same. "Everybody was glad to pitch in, and it didn't place too much of a burden on any one person," she says.

If you don't have the space at home, this kind of party also works in a community centre or even a park, where rental fees won't set you back. Provide cheap entertainment for the wee ones by suggesting every family bring one toy to share, such as bubbles or a ball. Make your invitations part of the fun: Buy dollar-store rubber duckies and write on them with permanent marker. Or save money – and trees – by sending online invitations through Evite or Facebook.

Letting your kids take part in some of the party prep work is another way to add meaning to a special occasion, says Ronald Morrish, a parent educator and teacher trainer in Fonthill, Ont. If that means the streamers aren't straight and the icing is runny, so be it. Joyce got her daughters involved by having them create mixes of their favourite songs to play at their bat mitzvahs. They also burned CDs as keepsakes for the guests.

Younger kids can be event organizers, too. They can help make invitations, decorate the room or figure out the activities. "The more we can get kids involved in their own parties, the more they're going to remember them," says Carson. "And that doesn't take money." Gibson, who is a mom as well as a professional party organizer, adds, "When you sit down with your child and plan something you're both looking forward to, that takes a lot of stress out of it, too." What's more, a scaled back, relaxed celebration takes the pressure off other parents, says Carson.

LEADER OF THE PACK

When Joan LeBlanc set out to celebrate her daughter Brianne's sweet 16, blazing a trail for other families was definitely on her agenda. In Woodside, N.B., some of the more infamous teen parties had involved alcohol and property damage. Joan wanted a celebration that was lively but controlled. The ideal party site turned out to be their local Girl Guide campground, which included a farmhouse in the forest.

"Brianne had been in Girl Guides and had a lot of good memories from that camp," says Joan. So when they learned they could rent the property overnight for $60, the family jumped at the chance. Joan and her husband, John, chaperoned. "It was the best birthday party any of my three children ever had. The kids were just so happy," says Joan. They helped Joan cook pizza in the farmhouse kitchen, listened to music, watched movies on the old VCR and ran wild on the grounds.

When throwing your own low-maintenance sleepover, think about the basic, fun things kids like to do. And, like Joan, let the kids organize most of the activities themselves. Gibson adds, "Find out what your kids' expectations are and what they would like to do. That's when really neat ideas come out."

A nice touch for any of these special parties is to create a physical keepsake to go with the child's lasting memories. Joan had all of Brianne's friends sign a souvenir notebook, and they wore special T-shirts they'd designed ahead of time.

Seven years later, Brianne says she can't part with her shirt and still keeps a group picture from the party on her desk. "My favourite photos of my friends and me come from that night," she says. "It was inexpensive, good old-fashioned fun with a group of really close friends... and, to this day, that's still my idea of a good time!" ■

CREATIVE KEEPSAKES

These ideas will guarantee your child remembers her special occasion for years to come.

- Put together a photo album or scrapbook for your child after the event.
- Frame a group shot of all the guests, with white space around the photo for everyone to write messages to your child.
- Put out a guest book and encourage the kids to be creative with their notes and drawings.
- Make a video of party highlights. (But go easy on the footage – no one will watch a two-hour epic.)
- Get a pack of fabric marker pens and have everyone sign a T-shirt or cap for the guest of honour.
- For a coming-of-age party such as a bar mitzvah or sweet 16, have a special book on hand for guests to write down the best pieces of advice their parents ever gave them – whether sincere or silly!

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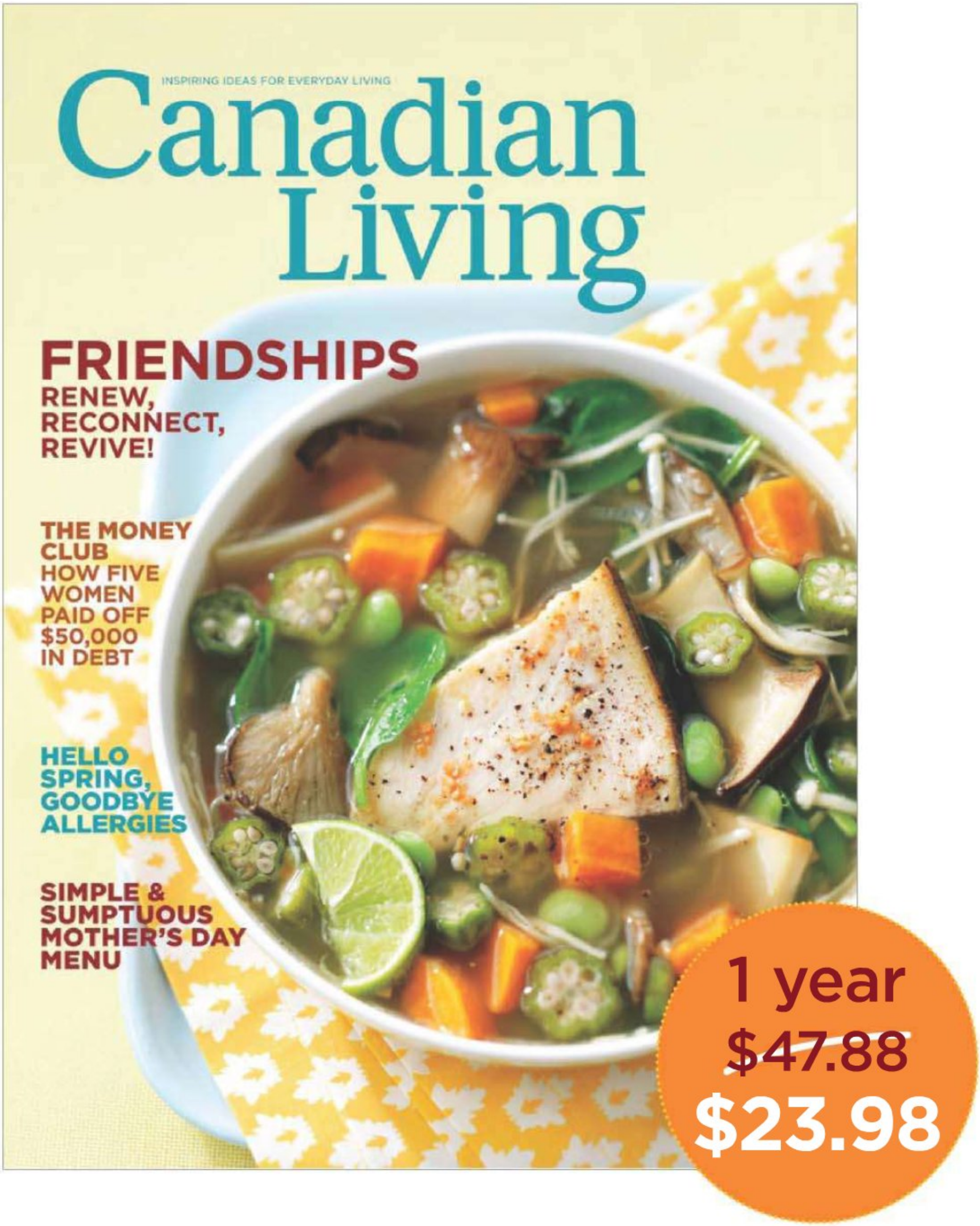

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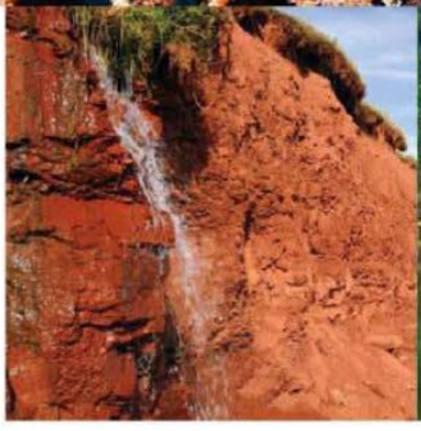
The All-Canadian Travel Planner

The best part of a summer vacation? The planning. The possibilities – Where to go? How to get there? What to do? – are vast (just like our country). Any way you look at it, we're lucky: we already live in the best place in the world. Whether you prefer big outdoor festivals, quiet, intimate getaways or a relaxing staycation, Canada is waiting for you, your family and your friends. So make planning easy with this guide, and start creating some beautiful memories with the people you love.



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LET THE FESTIVALS BEGIN

We wait the whole winter for the warm weather so we can get outside. Whether you want to enjoy some great music, celebrate one of Canada's myriad cultures, or just relax and watch fireworks light up the night sky, there's a party out there for you this summer.

YELLOWKNIFE SUMMER SOLSTICE FESTIVAL (JUNE 19 TO 21)

Celebrate the North's days of 24-hour sunlight and its rich aboriginal culture during this three-day festival in Yellowknife. solsticefestival.ca

RIO TINTO ALCAN DRAGON BOAT FESTIVAL (JUNE 19 AND 20)

Fleets of eager paddlers will race their colourful boats through the waters of Vancouver's False Creek at the 22nd annual race. dragonboatbc.ca

WINDSCAPE KITE FESTIVAL (JUNE 19 AND 20)

Watch an array of amazing kites soar through the skies over Swift Current, Sask. You can take flying lessons and join in kite-building workshops, too. windscapekitefestival.ca

WINNIPEG FOLK FESTIVAL (JULY 7 TO 11)

This music event offers hours of some of the best world music, along with lots of family-fun activities. winnipegfolkfestival.ca

CANADA DRY FESTIVAL OF FIRE (JULY 1, 3 AND 10)

You'll watch in awe as spectacular crackling bursts of colour ignite the summer skies for three nights at Toronto's Ontario Place, on the shores of Lake Ontario. ontarioplace.com

WIKWEMIKONG ANNUAL CULTURAL FESTIVAL (JULY 31 TO AUG. 2)

Reflect on native Canadian culture through traditional song, dance and historical displays at the 50th staging of this weekend gathering on Manitoulin Island, Ont. wikwemikongheritage.ca

FESTIVAL INTERNATIONAL DE JAZZ DE MONTRÉAL (JUNE 25 TO JULY 6)

Tap your feet to the beat and sway to the smooth rhythms of the hundreds of world-renowned musicians who descend onto the streets and into the concert venues of Montreal for this famous festival. montrealjazzfest.com

– Melissa Sundardas

PHOTOGRAPHY: JEAN-FRANCOIS LEBLANC/COURTESY OF FESTIVAL INTERNATIONAL DE JAZZ DE MONTRÉAL (THIS PAGE); ISTOCKPHOTO/THINKSTOCK (OPPOSITE)

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CELEBRATE CANADA'S HERITAGE

Historic sites are opportunities to take a peek into Canada's past and appreciate its rich cultures – all of which are part of our unique national heritage.

THE CANADIAN GOLD RUSH

The Dawson Historical Complex pays tribute to the Klondike Gold Rush of 1896. Learn about the gold-rush days and the role of corporation mining in the Yukon. pc.gc.ca/lhn-nhs/yt/dawson/index.aspx

RELAX, PACK A PICNIC AND SPEND A DAY IN THE PARK

Seriously, you'll need a whole day to explore Stanley Park National Historic Site, conveniently located in downtown Vancouver. Walk through lush gardens and trails, check out the lookouts and enjoy the kids' activities. vancouver.ca/parks/parks/stanley

THE FORKS MARK THE SPOT

Four million people head to downtown Winnipeg each year, to visit the spot where the Assiniboine River flows into the Red River – proof that this 6,000-year-old aboriginal meeting spot still has popular appeal. theforks.com

STILL A FORTRESS

Quebec City's old-world charm comes not only from being North America's only remaining fortified city, but also from the fact that nearly half of the old town's buildings were built before 1850. pc.gc.ca/progs/spm-whs/itm2/site9.aspx

WHAT A LOOKOUT

The Carleton Martello Tower is one of more than 200 defence towers built by the British worldwide. The location of this circular, flat-roofed landmark, built during the War of 1812 to protect Saint John, N.B., affords visitors a panoramic view of the city and its harbour. pc.gc.ca/eng/lhn-nhs/nb/carleton/index.aspx

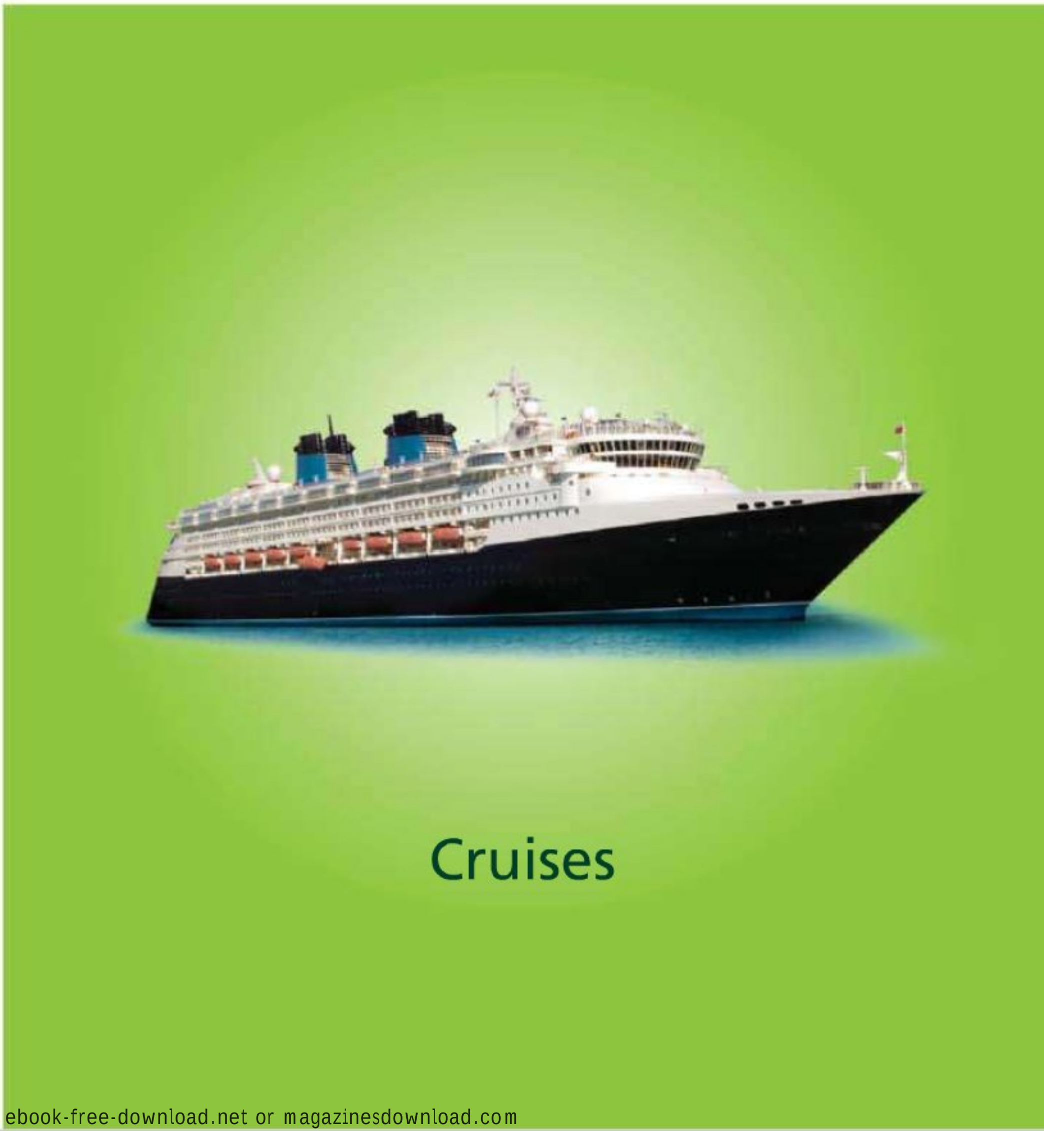
REAL-LIFE GREEN GABLES

The sand dunes, ponds, marshes and woodlands surrounding Green Gables in Cavendish, P.E.I., were the inspiration for Lucy Maud Montgomery's popular novels. gov.pe.ca/greengables

BACK TO THE 17TH CENTURY

Founded in 1605, French explorer Samuel de Champlain's fur-trading colony at Port Royal Habitation, N.S., was one of the earliest European settlements in North America. The site features a reconstruction of the 17th-century buildings and a view of the Annapolis River. pc.gc.ca/lhn-nhs/ns/portroyal/index.aspx

– *Melissa Sundardas*



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MOVE IT, HONEY – WE'RE ON VACATION

While some of us look forward to getting outside to read, drink iced tea and loll in the hammock, others are a bit more ambitious. And the outdoor options in Canada are endless – no matter how adventurous you are.

LACE UP AND HEAD NORTH

The Northwest Passage Marathon, on uninhabited Somerset Island, Nunavut, is North America's most northerly marathon. This rugged trail race begins at Arctic Watch, a wilderness fly-in lodge. Watch out for musk ox! July 30 to Aug. 2; canadianarcticholidays.ca

HOP ON A BIKE

Tour Arctic is a brand new bicycle tour developed by Cycle Canada. The route weaves north through British Columbia and two Canadian territories. Participants cycle on paved and unpaved roads, passing through remote areas with spectacular scenery. Hot showers and electricity are available – most nights. cyclecanada.com/Tour_Arctic.html

THE BIGGEST PLAYGROUND IN THE ROCKIES

Head to Alberta's Jasper National Park. With 10,878 square kilometres of mountain wilderness, there's lots of room for hiking and horseback riding. jaspernationalpark.com

NO SNOW? NO PROBLEM!

Mont Tremblant, Que., isn't just for skiing: Enjoy summer activities such as dune-buggy touring, canoeing, golfing and waterskiing – then go for a game of paintball. tourismemonttremblant.com/activities/sports-outdoors

RIDE THE RAPIDS

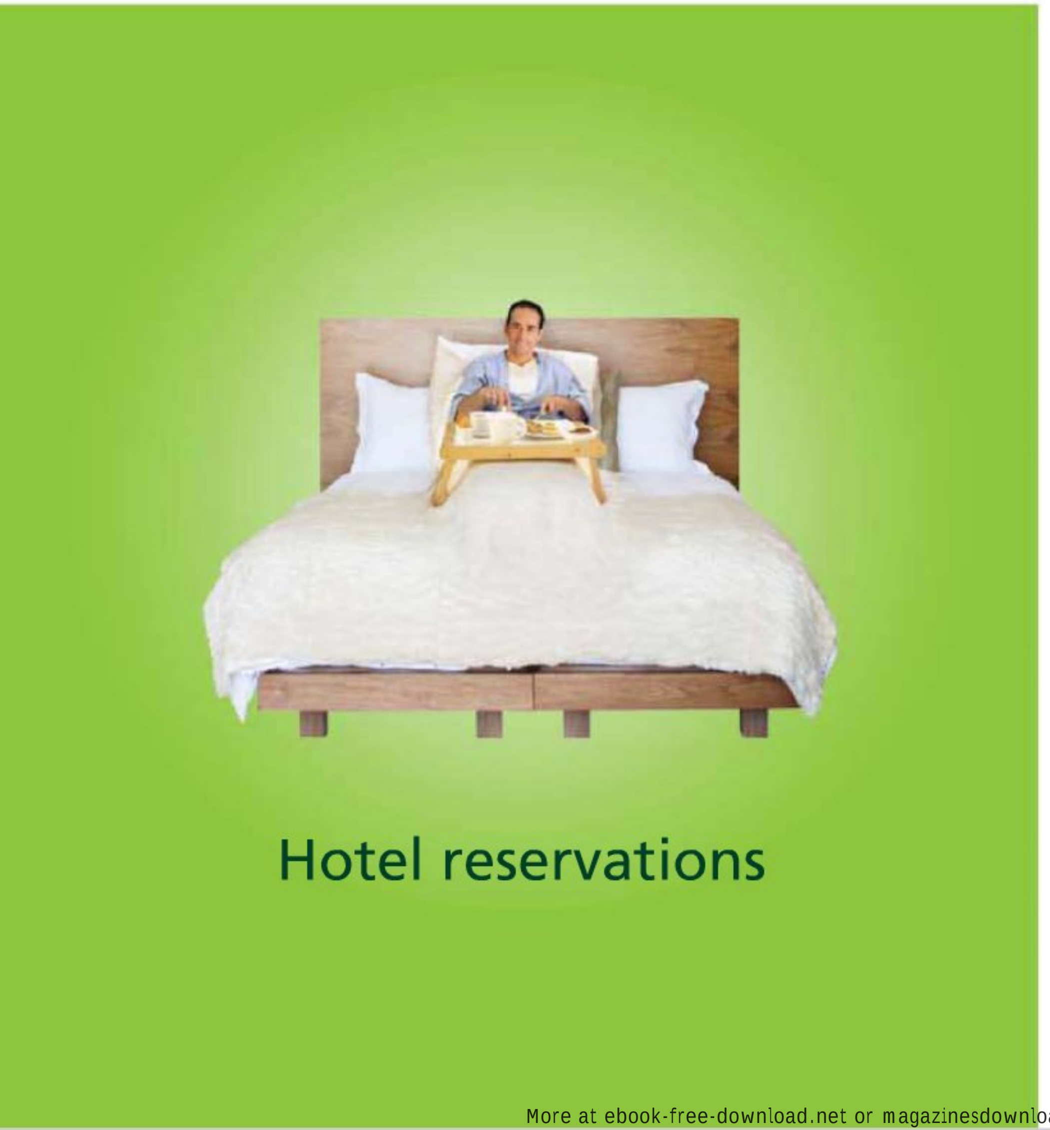
Go white-water rafting on the beautiful Ottawa River. Choose a family-rated excursion or opt for the more daring high-adventure package. There's also rock climbing, bungee jumping and mountain biking. wildernesstours.com

PEDAL AND PADDLE

Take five days. Spend three of them paddling the waters off Prince Edward Island's eastern shore, which abound with sandy beaches and red sandstone cliffs. Then spend two days touring the island's pastoral landscapes by bicycle. The result? Holiday bliss. getoutside.com

SWING BY THE COAST

Only in Newfoundland and Labrador can you tee off overlooking magnificent rugged coastlines, and practise your putting in the company of rare seabirds, eagles and moose. newfoundlandlabrador.com/outdooradventures/golfing.aspx



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GIRLFRIEND GETAWAY

There's nothing like going on vacation with your gal pals. These outings will leave you refreshed and rejuvenated.

RELAX AND INVIGORATE YOURSELF

Grab your girlfriends and relax while purifying and pampering yourselves at Le Nordik Nature Spa just outside Ottawa. The outdoor spa features a Finnish sauna, tepid pool and freezing cold waterfall circuit that's great for your circulation – and makes you feel invincible. lenordik.com

GET WILD!

Wild Women Expeditions help you let loose as you and your girls go kayaking, canoeing, hiking and mountain biking through 230 acres of nature around Sudbury in northern Ontario. wildwomenexp.com

GIRLS LIKE TO SHOP

Bond with your girlfriends as you browse through the 800 stores and tons of services at the West Edmonton Mall – the largest mall in North America. With two hotels right in the mall, you can shop, eat, entertain and spoil yourselves all in one place. Plus there's a wave pool, and a rink where you can watch some hockey! wem.ca

CALM YOUR MIND, STRETCH YOUR BODY, LOVE YOURSELF

You'll enjoy yoga and meditation, and experience peace and tranquility at the Still Point Yoga Retreat Centre on the Bay of Quinte in Prince Edward County, Ont. stillpointyogaretreat.com

– Melissa Sundardas

GONE FISHING

We bet you can't get out on the water fast enough – fishing is the best way to relax on a summer day. Friends, family and kids are all optional.

BLACKWATER CATS OUTFITTER, WINNIPEG

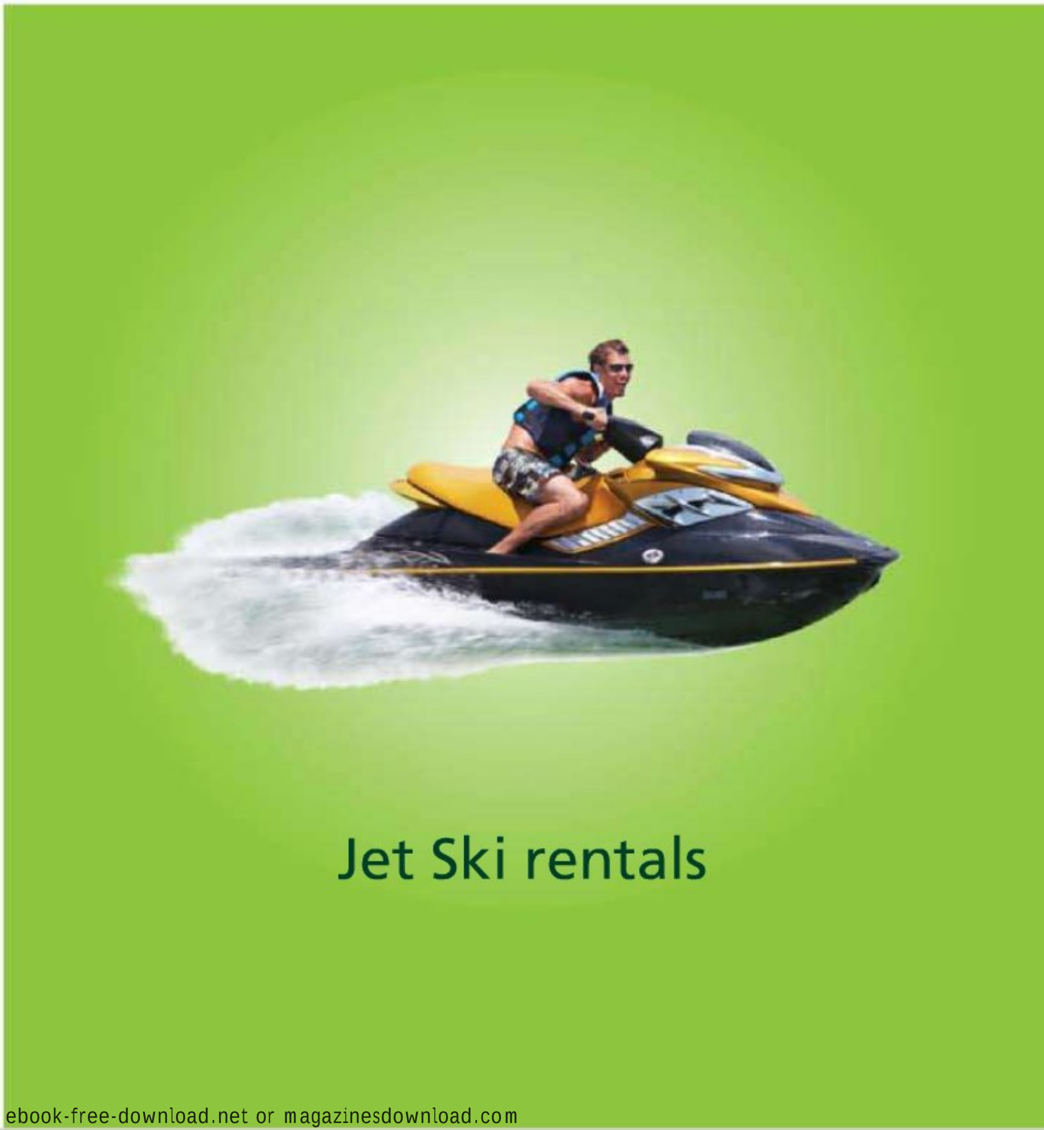
Brace yourself for a battle with the huge channel catfish you'll be reeling out of the Red River, a legendary fishing spot. blackwatercats.com

MARGAREE RIVER, N.S.

Go fishing for Atlantic salmon on the beautiful Margaree River on picturesque Cape Breton Island, N.S. margareens.com/fishing.html

OSPREY LAKE LODGE, LABRADOR

Revel in the natural wilderness surrounding Osprey Lake, and its stock of trophy-worthy brook trout. ospreylakelodge.net



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WE'RE ON COTTAGE TIME

You count the days until you can head up to the cottage. A day spent swimming, reading, having drinks on the dock, barbecuing supper then joining everyone around the fire is a great way to relax – and that's what a vacation is all about.

HOW TO RENT A COTTAGE

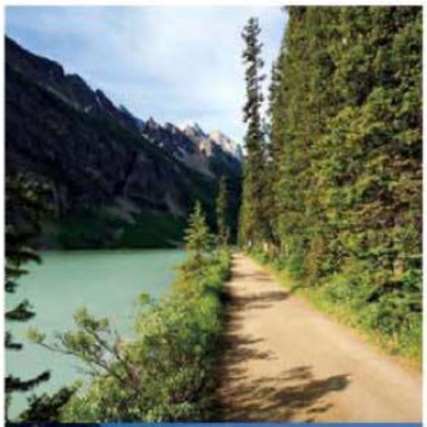
Find your ideal cottage at cottagesincanada.com, or search by region or price at cottagelink.com (cottages go from hundreds to thousands of dollars per week). In Ontario, book last-minute cabins at cottageportal.com.

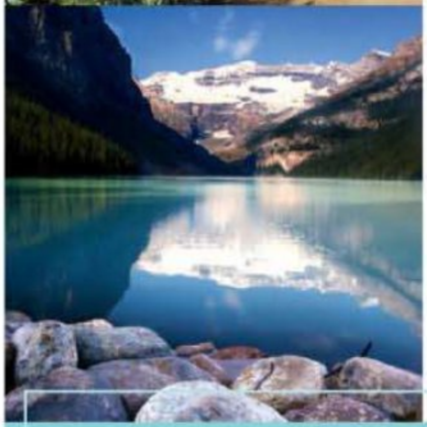
LOOKING FOR A MORE RUSTIC EXPERIENCE?

Many provincial and national parks across the country rent cabins or yurts (tentlike structures), which can be less expensive than cottages. For specific information, Google the name of a park you wish to visit.

A PLACE ON WATER

You can fish or swim in a different spot every day when you rent a houseboat. canada-adventures-guide.com/houseboats.html





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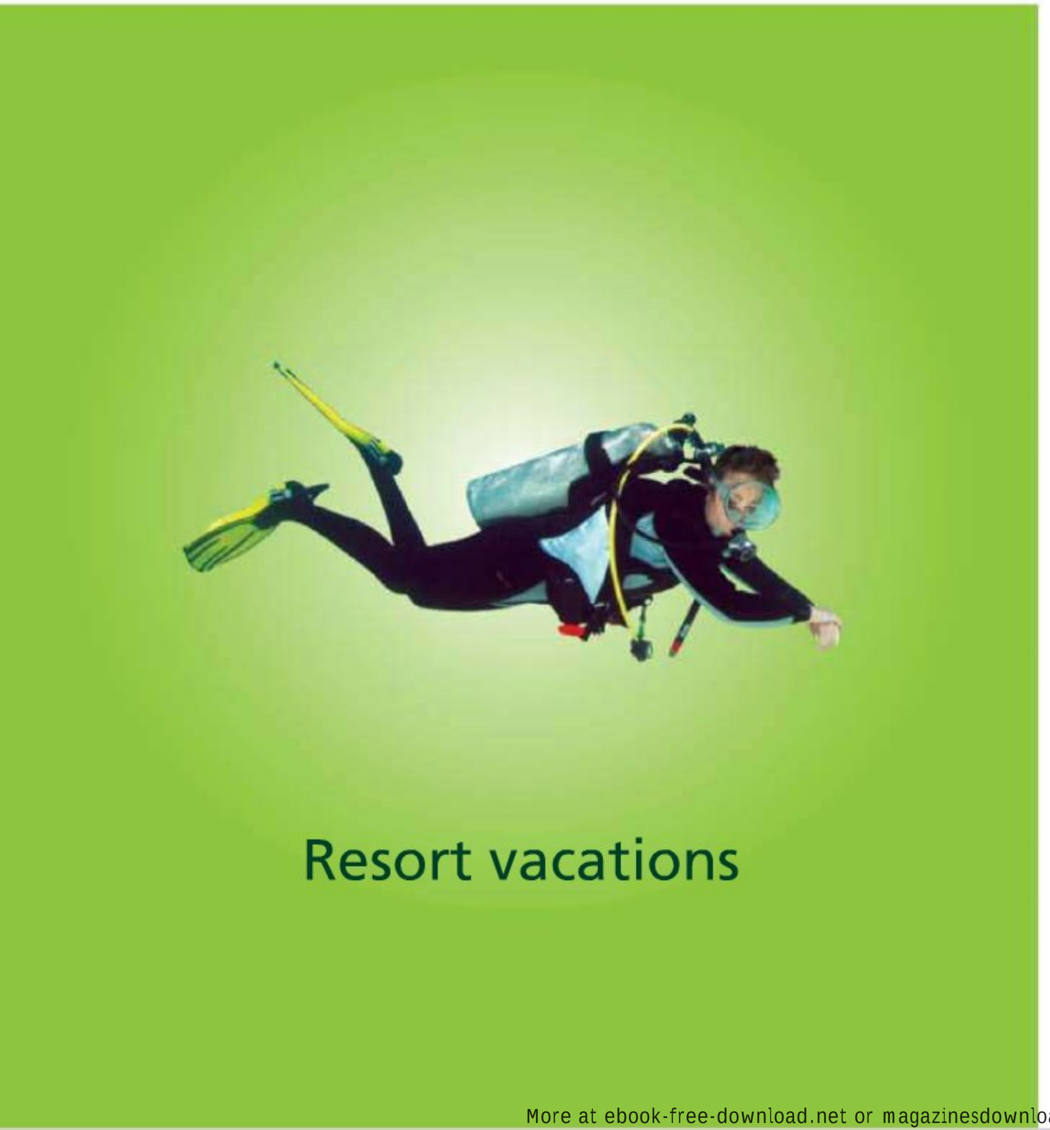
3 GREAT ROAD TRIPS

FUNDY COASTAL DRIVE, N.B.
Start at St. Stephen and head up the coast, detouring as you like to take in Grand Manan, Campobello and Deer islands in the Bay of Fundy. Then get out of the car for a meander through Fundy National Park. tourismnewbrunswick.ca/FundyCoastalDrive.aspx

THE ICEFIELDS PARKWAY, ALTA.
Considered one of the most scenic highways in the world, the Icefields Parkway (from Lake Louise to Jasper) offers a beautiful view of waterfalls, turquoise lakes and snow-capped peaks. Check out the Columbia Icefield, the largest subpolar accumulation of ice and snow in North America. icefieldsparkway.ca

PRINCE EDWARD COUNTY, ONT.
Drive along the Loyalist Parkway, which runs through Prince Edward County, along Lake Ontario, and stop at the breathtakingly beautiful North Beach Provincial Park. Then, back on the parkway, pop in at some local wineries. pec.on.ca



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EDUCATION VACATIONS

Whatever your passion, there's no better time to learn about something you love than when you're on vacation.

BACK AT THE RANCH

The Saskatchewan River Valley Ranch, tucked away in the beautiful Saskatchewan River Valley, offers a real-life ranch experience of daily chores, hearty cowboy (and cowgirl) fare and plenty of fresh air. hiddentrails.com/tour/sk_river_valley_ranch.aspx

HEAD TO A WINERY

Indulge your passion for the grape with a trip to Ontario's Niagara wine country. Tour the vineyards and enjoy a tipple or two. winetoursniagara.com

WE LOVE CHEESE TOURS

Visit the Lac-Saint-Jean region of Quebec and follow the *Route campagne et fromagers* circuit around Alma, featuring cheesemakers, farm activities and gourmet discoveries. tourismealma.com/agricultural_tourism.html

COOK UP A STORM

An eco-wilderness resort, Trout Point Lodge near Yarmouth, N.S., offers tasty culinary vacations. Take cooking lessons, then relax in an outdoor cedar sauna or wood-fired hot tub before you take a refreshing swim in the Tusket River. troutpoint.com

HOW DO WE GET THERE?

BY PLANE

Check out airline options. Porter Airlines, which flies from Toronto to nine Canadian cities, provides free shuttle service to the Toronto Island Airport from Union Station in downtown Toronto, and free snacks and drinks at the terminal and onboard. Keep tabs on other carriers, such as Calgary-based WestJet, for special deals and promotions.

BY TRAIN

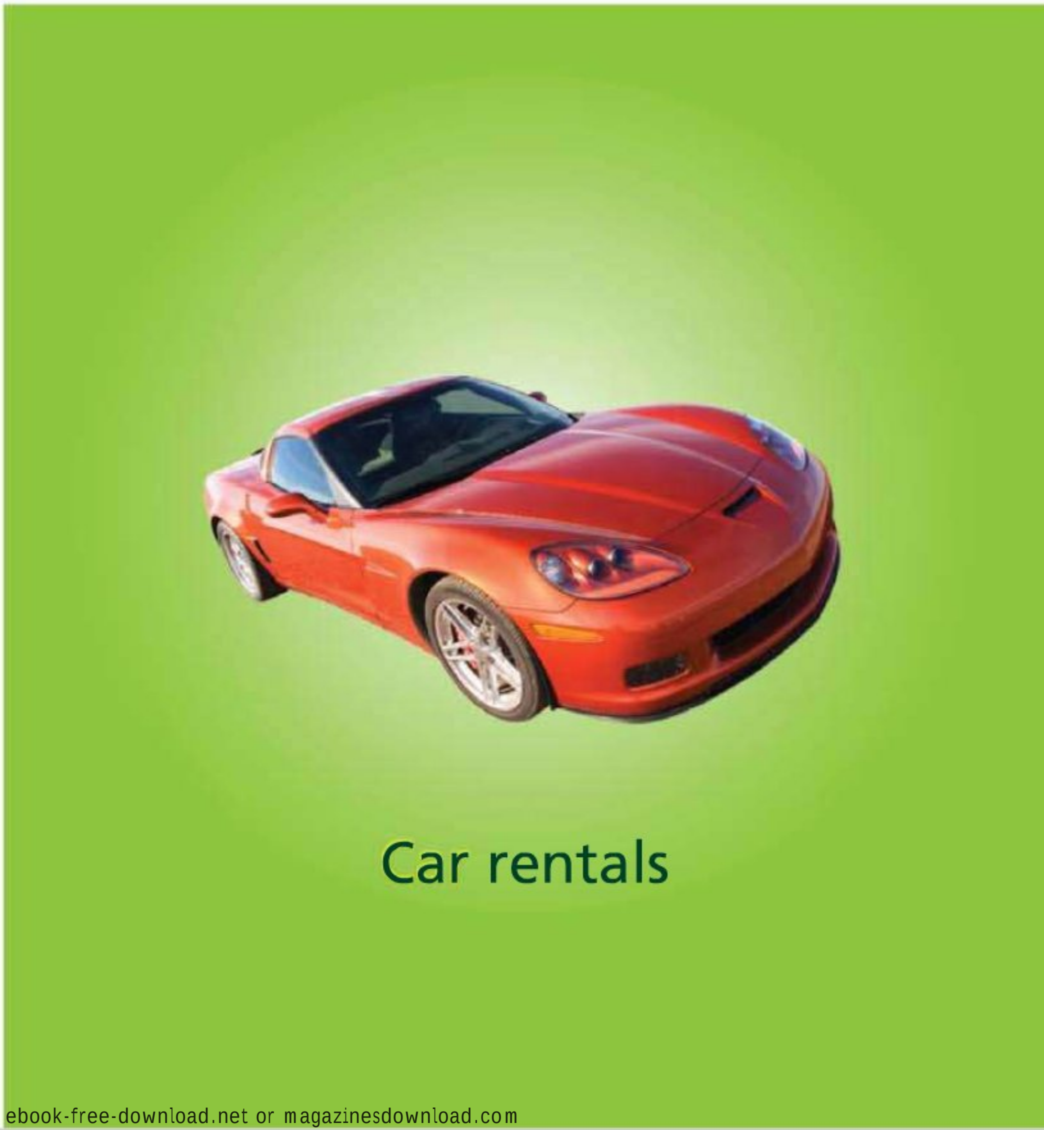
Via Rail offers varying levels of service, from the basic aisle or window seat to the Romance by Rail package – a double room with a private bathroom and breakfast in bed. viarail.ca

BY BOAT

Not too many cruise ships operate in the Canadian interior, but there are options on the St. Lawrence River at Quebec City, and ocean excursions on both coasts. In addition, you can enjoy lengthy canoe trips in several provincial and national park wilderness areas. Check with Parks Canada and local tourist offices. pc.gc.ca

BY AUTOMOBILE

If you're planning a road trip, schedule a service check before you leave. Also, sign up with an auto association for roadside assistance and travel deals. CAA, for instance, offers lots of member discounts. caa.ca



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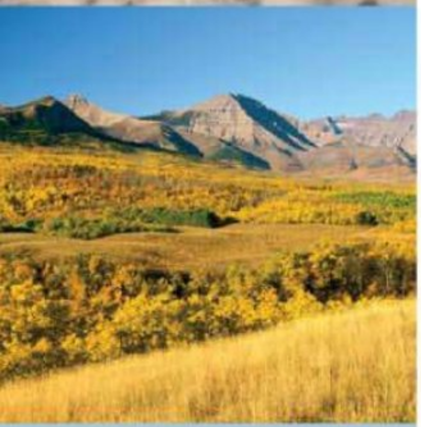
STAY-AT-HOME VACATIONS

In the past few years, many people have decided to enjoy time off in the summer at home, opting to explore the country starting with their own neighbourhoods. It's fun and easy, and, if you're on a tight budget, the best part is many activities are free.



LOOKING FOR FUN AT A GOOD PRICE?

Go to the park. Beaches, hiking, wildlife – whatever you're looking for, it's probably available at one of Canada's national parks and reserves, or at one of hundreds of provincial parks. Check out *Canadian Living*'s "Great Canadian Parks Guide," which offers highlights and links to help you enjoy the great outdoors in the summertime. canadianliving.com/june

FREE LOCAL EVENTS

Many towns and cities offer free outdoor concerts, movies and festivals. Check your community paper or municipal government website to see what's going on.

HOST YOUR OWN OLYMPICS

We were all glued to our TV screens for the Winter Games – why not host your own neighbourhood summer games? Get the kids involved: they will love designing posters and setting up events, and older kids can get involved in scheduling and medal ceremonies. Then, let the games begin.

DON'T FORGET THE LIBRARY

It's not just for books – although there are plenty! You can check out magazines, DVDs, movies and even toys at some libraries. Many branches also offer free kids' activities and author readings.

PICK UP A LITTLE CULTURE

Many museums and art galleries have designated days with free or discounted admission. Smaller ones – such as the Toronto Police Museum, for example – rely solely on gift-shop profits and donations.

WATCH A PLAY

Lots of theatre companies offer free outdoor productions in local parks (Shakespeare in the Park, anyone?). Pack snacks and drinks, and enjoy a play under the stars. Other theatres offer discounted or pay-what-you-can performances on designated days.

TAKE UP A NEW HOBBY

Bird-watching is an excellent way to spend some time outdoors and learn something about the different species of feathered friends that live in your area.

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**Rogers Media. Pharmacy Post – OTC Counsellor. April 2009.*

PURDUE

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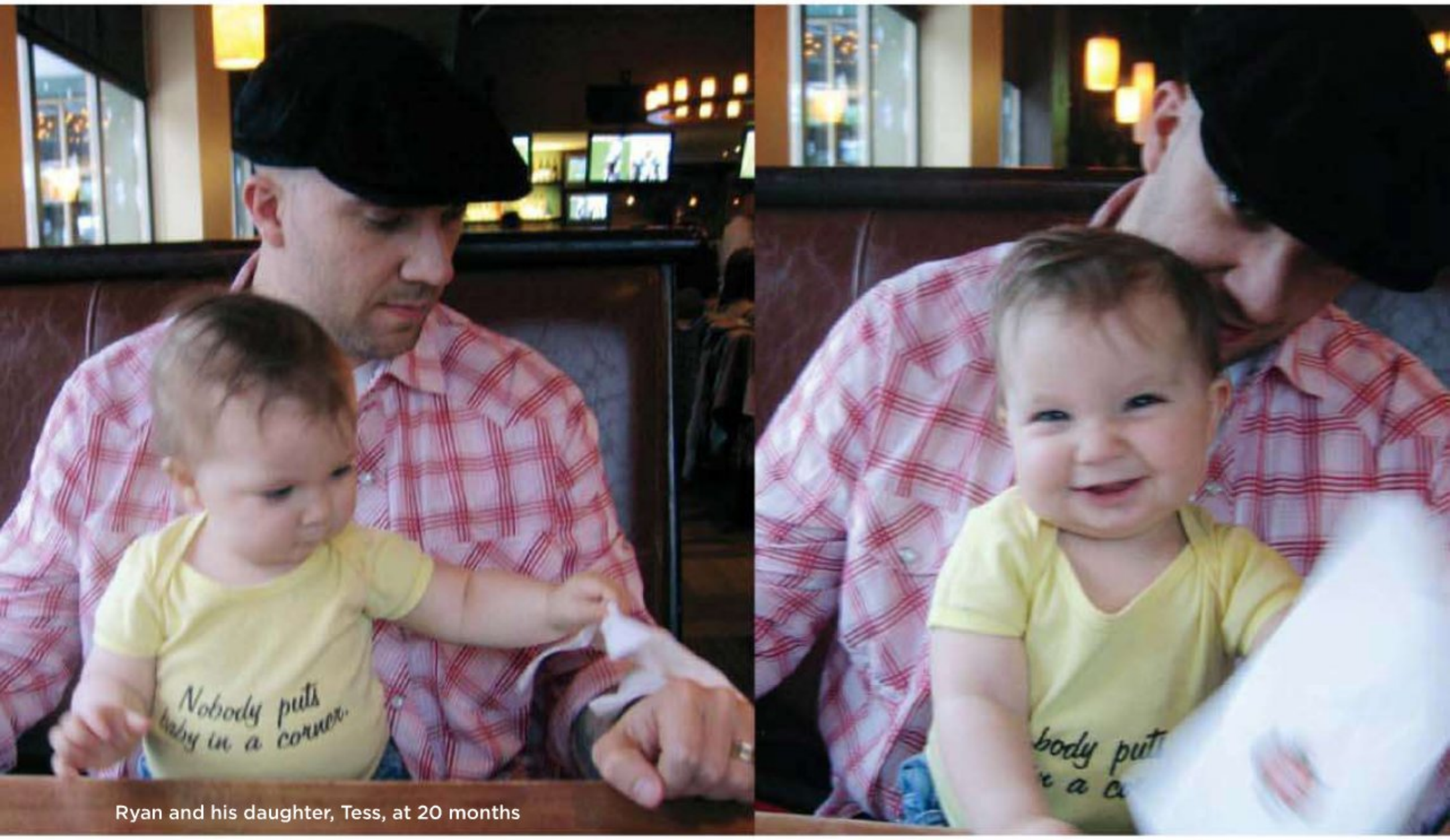

Ryan and his daughter, Tess, at 20 months

Love at First Sight

Through trial and error, a new dad learns to parent his infant daughter without the advantage of eyesight.

BY RYAN KNIGHTON

PHOTOGRAPHY, COURTESY OF TRACY RAWA

A TINY BUNDLE OF pressure in my arms was almost the entire portrait I had of my daughter. The sliver of sight I had left in my right eye wasn't enough to let me glimpse her face. Maybe I'd catch a tiny patch of skin, or, if the lighting was good, I might squeeze the corner of an eye or a wisp of hair into my tunnel vision, but that was it. »

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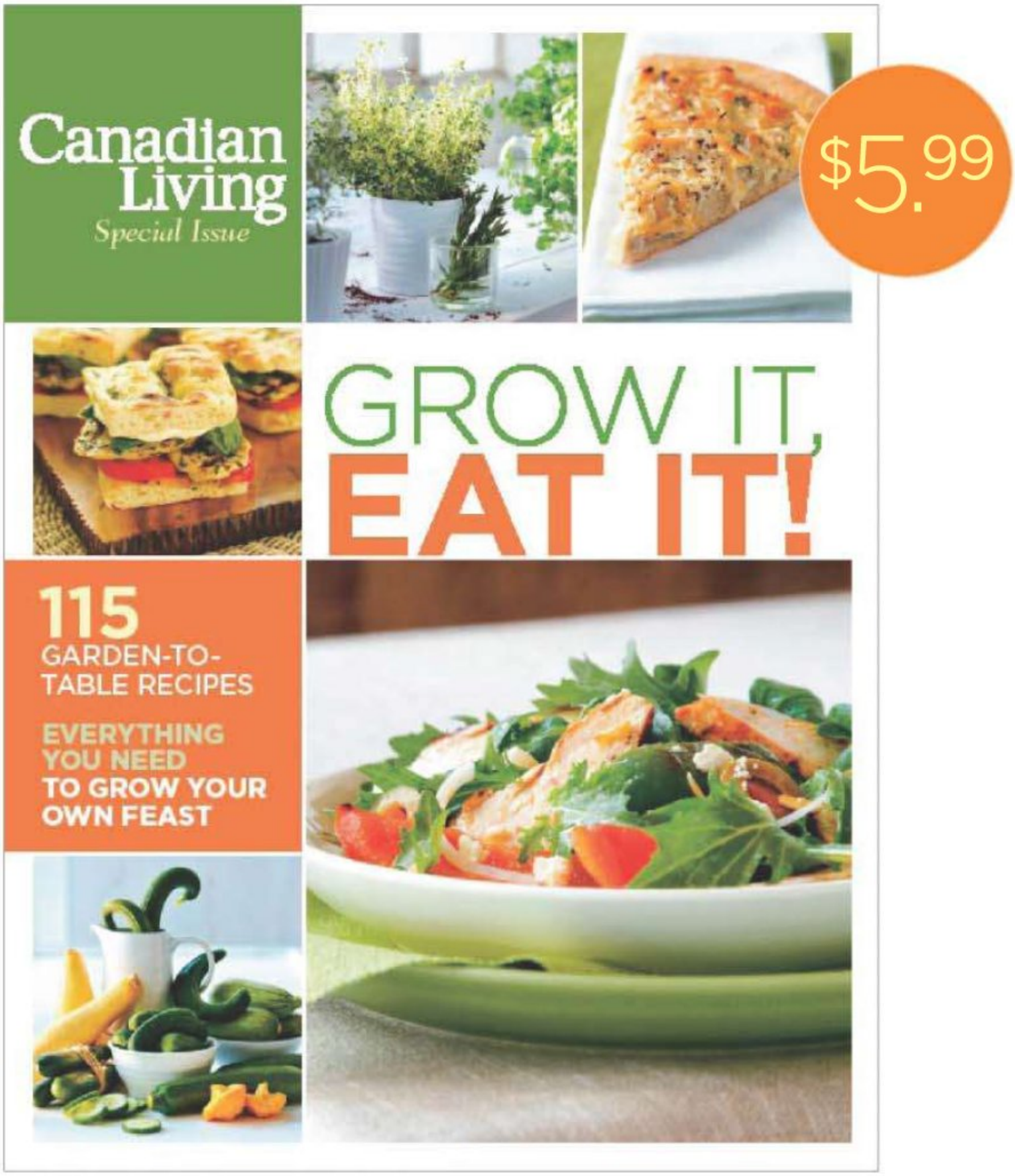

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Tess, I'd learned, would mellow if I sang any hurtin' blues song. The more hurtin', the better. Murder ballads were best.

The fact Tess was my daughter remained a story I told myself. Her missing face felt like an obstruction to our bond, as if we were both reluctant to reveal ourselves. I'm not saying that blindness was an obstacle to love, but my body withheld from me something I imagined would feel more like fatherhood.

My wife, Tracy, could sit for hours with her eyes pinned to Tess's face. "It is the strangest thing," Tracy had said, "to see the two of us in a baby. Our baby's face." Tracy always did her best to let me in on the secret, to let me experience what it's like to discover the two of us bound in another flesh. But the words didn't work. For now – and perhaps always, I feared – my first portrait of Tess would be a pressure in my arms, the smell of hair, and some sound. Babyness, not Tess. Nothing soothed me.

Nothing appeared to soothe Tess, either. In the bedroom her fury grew. Like all babies, Tess had her pacifying quirks. Sometimes the stairwell relaxed her. We gave it a go but there was no change in volume. Maybe we needed to hang there a bit, or jog up and down a few times.

My stairwell tactic is predicated on the idea that a newborn is more than a baby. She is also an accomplished inventor. She transforms the most common household items into mesmerizing gizmos worthy of new patents. You thought you had stairs, but they aren't stairs anymore, they're fun. A vacuum, the blow dryer, spoons, your housecoat and that bag of frozen peas, nothing is what it used to be. Any object – the incidental sound it makes and movement it encourages – has morphed into a potential tool for placating the baby.

The stairwell wasn't doing the trick so I planted us in the leather rocker, which I'd come to call The Big Song Chair. I'd kept it as my last resort, for just such a situation.

Tess, I'd learned, would mellow if I sang any hurtin' blues song. The more hurtin', the better. Murder ballads were best. Anything about folks fixin' to die, really, or burying loved ones for misdeeds, was welcome. Who was I to deny her brooding complexity?

I busted out a tested ditty. But as I sang, Tess approached a new octave and intensity of shrieking. The last thing I had to offer was a soother, if I could find one. But I didn't want to ask Tracy to fetch it. I wanted to do this on my own. I needed to. »

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I pawed the dresser in Tess's room until my hand landed on a soft rubber nipple. As we were about to bolt through the doorway, my sense of space around me corrupted – perhaps I turned too quickly – and I clipped the threshold with my arm. And with Tess's little head.

At that moment I was introduced to her pain cry, which I thought I knew, but had actually never heard before. She was inconsolable. Me, too. The ember in my skull felt at its brightest, and most searing, and suddenly I saw my fear for what it was. Tess, whom I couldn't soothe, represented the greatest pain I would ever know, should anything happen to her, and worse, should I be to blame.

I wasn't afraid of Tess, but afraid of my love for her. So I'd stood back from it, so taken by self-preservation. I was in awe of this love. I was also ashamed of how I'd received it.

"I'm so sorry, Papa's so sorry," I pleaded as we sat on the couch.

Of course Tess couldn't tell me she was okay, nor could she forgive me. I couldn't shake the thought that I'd hurt her. My blindness had shown the smallest example of what it could do to her, and to me as a father.

I laid Tess across my knees and tried to restrict her writhing. I couldn't see her mouth to put the soother in, so, gingerly, my fingertips lighted upon her face, and searched for her lips. Itsy, bitsy spiders.

"Shh, where's your mouth, punkin? Hold still, Papa needs you to hold still a sec." But she wouldn't.

"Please, punkin," I pleaded. "Please help Papa."

She shook back and forth, and hollered until I was brave enough to touch her again.

Hers was a face without features. It wiped itself across my hand, and screamed. Then, in a flash of texture, I recognized the tip of her chin. It rose slightly from the roll of her neck. With my thumb and index finger I gently squeezed her mouth and tried to hold it still. Then with a quick jab, I tried to slip the soother inside, but she grew angrier.

Tracy's feet thumped down the stairs. I could hear her heavy sigh approaching. I picked up the soother and held it over Tess's face. One last try. I raised the soother, fingered the tip of all my love and frustration, pretended to aim and plunged it into her.

I did it. Bull's-eye.

She spat it out.

"Damn."

Tracy arrived and took Tess from me. "Did you try giving her the soother?" she said. "I don't think she wants it. We, uh, banged into the door. Then I couldn't find her mouth to put the soother and...."

Tracy reassured me that Tess looked fine. She could see that I felt both incapable and dangerous. But here, in the small hours, at the limits of what I could offer, she reassured me that I would figure out how to do things, and that easier days would come. Within minutes Tess fell asleep in Tracy's arms.

Over the next few weeks I struggled to discover and to fix whatever was missing from my connection. But it was a puzzle. Maybe I felt all I was supposed to feel. That was a possibility, but an unsatisfying one. Where was the stupefying joy? Maybe the struggles of the first weeks, and all that worry, are the actual measure of the bond. Evolution might prefer it that way. Better to be cautious than to parade around drunk on joy while a puma gobbles up your baby.

ONE DAY I WALKED into the living room to find Tracy hovering over Tess. She snapped pictures with »

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our digital camera. I can't recall if Tracy offered it to me, or if I asked to look at it, but I remember sitting down with the camera and straining to see Tess's face on the small display screen. No face. I just saw a field of white topped with some darkness, and a couple of lines like branches in the snow. One line suggested the divide of lips.

"Nope, I can't see her," I grumbled, and handed the camera back to Tracy.

She pressed some buttons to shrink the picture. Her hand placed my fingertip below the pixels that represented something Tess-like. "See that?" she said. "That's her mouth there, and here," she moved my finger, "is her left eye. Can you see that?"

I found my fingertip, looked just above it and followed the path back and forth between the spots she'd identified. My brain began to infer what was missing in the spaces between, and that in turn made visual meaning of some of the other lines and shadows that orbited what I could now see as a little mouth. An eye. I saw a chin. I saw the chin and mouth at once, and then the eye.

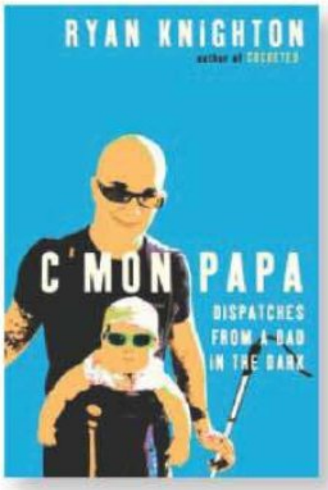
Tracy took another picture of Tess, this time from further away, then again from even further back. Again she mapped the face on the display for me, and again my brain pieced together the confetti until I could hold more and more of an image in mind. But I still needed it just that much smaller. If Tracy took a picture from any further back, the focus would be lost, and Tess's likeness would disappear altogether into a handful of pixels

Only one strategy remained to catch her. I pushed Tracy away.

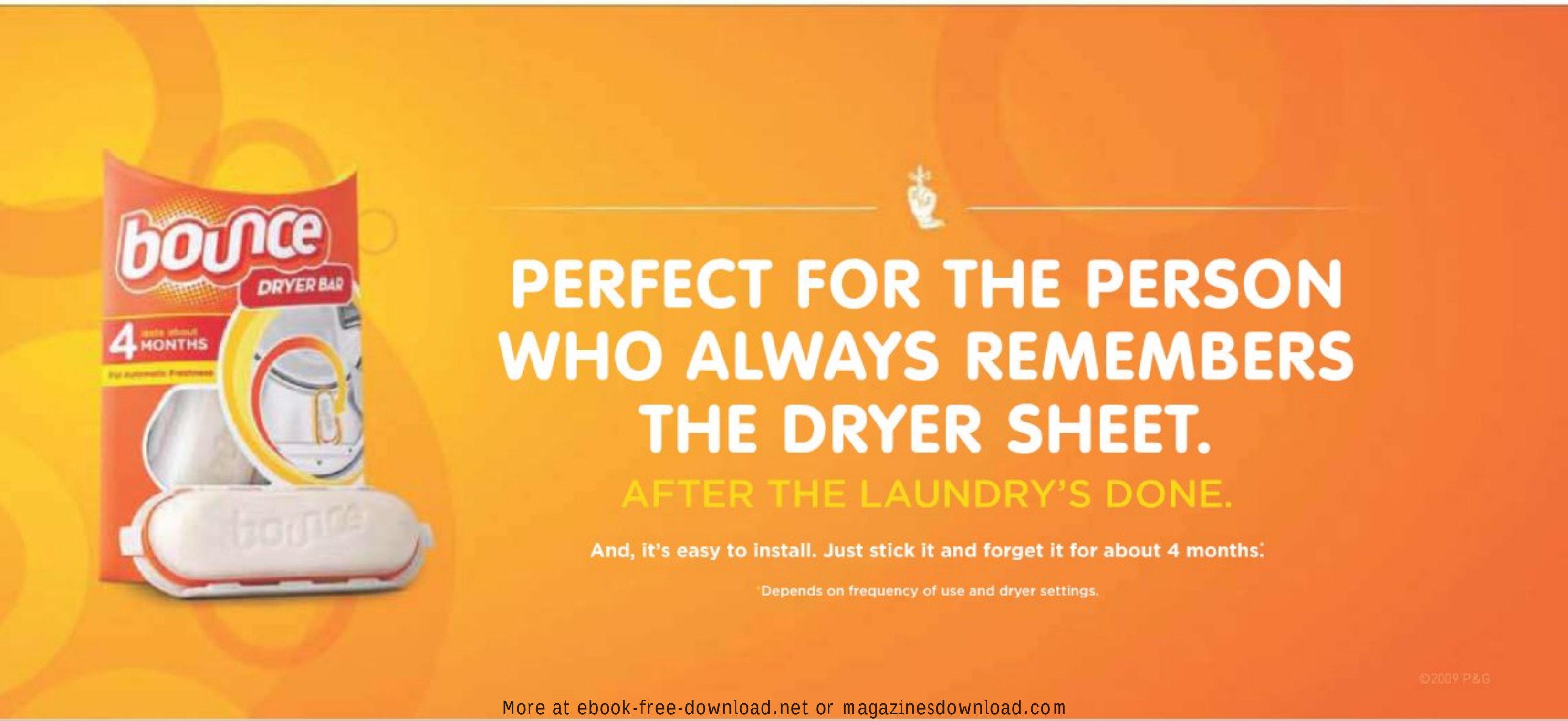
I held our camera's display at arm's length and stared at the tiniest speck of a face. She was no bigger than a dime. I could squeeze half of her face into my sight. And so I saw. Almost two months after she'd been born, I saw my daughter for the first time.

She looked like Tracy, and a face of my own I could barely recall. Something else, too. She also looked like – how do I put it? – Tess.

The fog lifted. An electricity surged through me. Every molecule in my body lit up and realigned itself. I felt more solid. Everything in me was held together by a bond I hadn't known before. Suddenly the ember in my skull, its fear, felt easier to contain and carry. I had a daughter, not a baby, not an abstraction or a blank in my mind's eye. ■



This is an edited excerpt of ***C'mon Papa: Dispatches from a Dad in the Dark*** (Knopf Canada, 2010, $29.95) by Ryan Knighton. Tess, who is three years old, happily guides her father these days. Unfortunately, she insists that he hold her elbow, so Ryan is not only blind, but also rather bent.



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Stuff My Dad Says

Like it or not, we all become our parents.

BY BRENNAN CLARKE

Way back in that carefree era my wife and I sometimes refer to as B.C. – Before Children – I once considered writing a book about all the clichés that parents dust off whenever they need to teach, scold or win arguments with their children.

A decade into another era we sometimes call A.D. – After Diapers – I realize there is no need for such a book. For these tidbits of wisdom aren't from a self-help manual: they're burned into our brains through repetition, or perhaps even steeped in our DNA as some sort of biological defence mechanism.

Admittedly, I was shocked the first time I answered the eternal question "Why?" with "Because I said so!" When I was a child this response seemed like the dumbest reason ever, and yet I had no comeback, which is exactly why it's so effective.

> When I was a child, "Because I said so!" seemed like the dumbest reason ever, and yet I had no comeback.

Over the years, I've blurted out most of the phrase book's greatest hits, usually followed by a voice in my head saying, "I can't believe I just said that." I've told my son his bedroom "looks like a pigsty." I've also informed him "the whole world does not revolve around you" – only to get the same response my parents got from me: "I never said it did."

Then one day a note came home from school advising us that our son had followed the lead of several older boys in throwing a few tiny apples at some other kids. "If all your friends jumped off a cliff, would you jump too?" I asked. Horrified at the senseless carnage I was suggesting, my son took the bait and sheepishly answered "no." But when I recalled this incident the other day, my son, now 12, said: "If all my friends jumped off a cliff, I'd call 911." We've taught him well.

Too often, we parents delude ourselves into thinking our words are actually effective. "We're not mad, we're just disappointed," my parents would say every time I did something wrong. Well, at the very least, I expected them to be mad, perhaps even infuriated, incensed and enraged. Their disappointment always felt like a bit of a letdown.

The truth is, half the time our kids have no idea what we're talking about. Case in point: My sister once told her misbehaving three-year-old, "You've really crossed the line now." The poor tot looked to the floor and burst into tears. "Where? Where's the line? I can't see the line," he sobbed.

While I swore I'd never say these things to my kids, they crept into my vocabulary over the years anyway. I'm not sure how this happened, but I know it's not over yet. There will come a day when our son will demand permission to do something reckless with his teenage friends.

Perhaps they'll want to take a road trip to a music festival, in a van – driven by some older brother who just happens to be a high school dropout with a criminal record. My son will say: "Well everyone else's parents are letting them go." And we'll say: "Well we're not everyone else's parents." Maybe not, but we sure sound like them. ■

No matter how remote the possibility, Victoria-based freelance writer BRENNAN CLARKE can't help worrying that someone could lose an eye.

ILLUSTRATION, MARIE-EVE TREMBLAY/COLAGENE.COM

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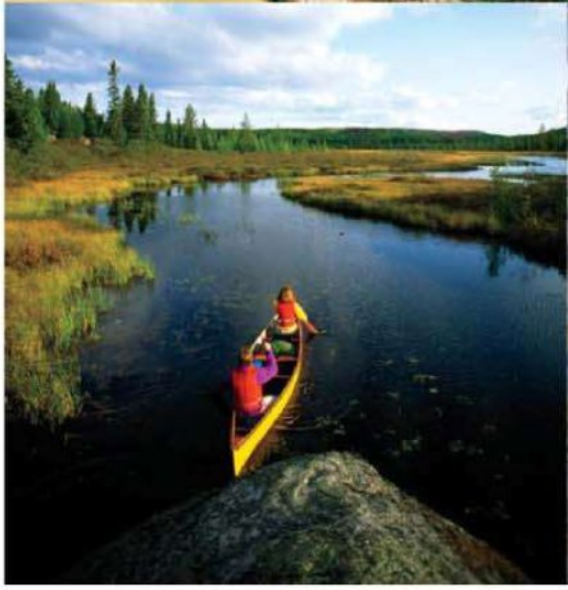

Green-Friendly Summer Living

BY E.R. LeCLAIR

Most of us are fairly adept when it comes to implementing eco-friendly practices in our everyday lives – around the house, at work, at school and in our daily commutes. But it's sometimes easy to slip up in the summertime when you and your family are away from familiar surroundings, perhaps on vacation. With that in mind, we've partnered with Cascades, which has long made a commitment to eco-friendly paper and packaging products, to bring you a slew of tips that will carry you through the holidays – whether you're at the cottage, on a camping trip, enjoying a picnic in a park or just hanging around the backyard. Here's to staying green this summer!

SUMMER HOUSE RULES

1. Consider getting a home-energy audit to check the energy efficiency of your residence or cottage.
2. Seal all of the air leaks around the windows, plumbing fixtures, ducts and electrical wiring.
3. Tune up your air conditioner; one that needs cleaning will just use more energy when it's operating.
4. Use an attic fan to circulate the air in your home or cottage.
5. Unplug all home appliances before heading away on vacation.
6. Install a rain barrel and ask whoever is watering your plants to use it judiciously.
7. Close blinds, shades and drapes during the hottest part of the day.
8. Don't haul your old fridge up to the cottage. Older models can use four times the electricity of newer ones.

ECO-FRIENDLY PICNICS AND CAMPING MEALS

- Say goodbye to nonbiodegradable Styrofoam cups and plates, which just add to the landfill problem.
- Bring along plates and cutlery from home, or pick up 100 per cent biodegradable supplies. Opt for plates made from recycled paper. (Note: Disposable dishes, tablecloths, drinking containers and other picnic debris made from nonrenewable petroleum-based products can release contaminants into the environment.)

PHOTOGRAPHY: STOCKBYTE/THINKSTOCK (TOP); COMSTOCK/THINKSTOCK

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• Reusable cloth napkins are fine, as are 100 per cent recycled paper napkins, which can be composted.
• Avoid purchasing bottles of water, especially if they're made from nonrenewable materials and have been shipped over long distances. Consider using a collapsible water bag (once it's empty, you'll have a lighter load to haul) or fill your own reusable water bottle. Bisphenol-A-free reusable bottles are popular with hikers, as they're good for hot and cold drinks.
• Cut back on food packaging. Transfer goods into reusable containers before you leave home to avoid bringing along excess material. (If you feel a product has unnecessary packaging, write to the manufacturer!) Place salads and sandwiches in reusable containers to avoid using plastic wrap.
• When grocery shopping before a picnic, camping trip or cottage stay, keep in mind the four Ns: natural (no pesticides and as little processing as possible), naked (minimal or no packaging), nutritious (your health always matters) and now (buy in-season produce).
• At the end of your outing, pack the trash and divvy up the recyclable and compostable waste.
• Leave nothing in the wilderness setting but your footprints, and take nothing home but pleasant memories. Translation: You can admire the wildflowers, but please don't pick them. Many plants are endangered and don't fare well when plucked out of their natural habitats.
• If your picnic destination is nearby, hop on your bike, or hike part of the way. It's good for your health and the environment. Tip: Carpooling is fuel-efficient – and fun.

PHOTOGRAPHY, THINKSTOCK

HEALTHY, ECO-FRIENDLY SUMMER EATING

Experts recommend buying locally grown, in-season food whenever you can. Consider shopping at roadside stands and visiting farms en route to your cottage or camping destination. If local or organic produce isn't available and you hit the grocery store, it's helpful to know which fruits and vegetables contain the least amounts of pesticides: onions, »

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avocados, sweet corn, pineapples, mangoes, asparagus, sweet peas, kiwifruit, cabbages, eggplants, papayas, watermelons, broccoli, tomatoes and sweet potatoes.

GREEN-FRIENDLY COTTAGE CLEANING

Elbow grease is the second-most crucial ingredient when it comes to cottage cleaning. First, of course, are the materials you're using to clean that cottage, whether it's a short-term rental or a family property. Always look for EcoLogo certification, which means the item is approved by the Environmental Choice program. For a list of green-friendly products and manufacturers, visit environmental choice.com. Manufacturers whose products comply with EcoLogo save legions of trees with household paper products that are made with 100 per cent recycled fibres – and they use up to 80 per cent less water than many other companies. For eco-friendly cleaning tips, visit simplegreenaction.ca.

And if you've ever needed a reason to purchase recycled products instead of those made from virgin fibres, listen up: If you use one roll of Cascades Enviro 100% Recycled Fibre Paper Towel each month, instead of nonrecycled material, you save 105 kilowatts per hour of energy, 3.63 kilograms of greenhouse gas, and more than 1,300 litres of water over 10 years. According to the calculator on the Simple Green Action website (simplegreenaction.ca; search for "environmental calculator"), that translates into 1,755 hours of incandescent lighting, 132 hours of toaster use, 13 showers, 135 teeth brushings and 2,691 bottles of water.

THINKING OUTSIDE THE BOX

Problem: Clogged drain at the cottage. **Solution:** Mix ½ cup (125 mL) baking soda with ½ cup (125 mL) vinegar and pour down the drain. Cover drain for an hour or so, then flush with water.

Problem: Ants, ants, ants. **Solution:** Sprinkle baking soda below the sink, near pipe openings and at the base of windows. That will help keep out ants and other uninvited guests looking for a free meal.

Problem: Stove-top fire! **Solution:** Keep a container of baking soda nearby when cooking at the cottage; it's excellent for quickly dousing small flames.

TOILET TRAINING

When stocking up on recycled toilet paper for a camping weekend or cottage break, keep your eyes peeled for these key phrases on the packaging: "unbleached," "processed chlorine-free" or "totally chlorine-free." Greenpeace (greenpeace.org) has compiled a Recycled Tissue and Toilet Paper Guide listing brand names and manufacturers.

FUN AT THE COTTAGE

Yes, there's electricity at the cottage, but leave the TV at home. Consider activities such as canoeing, kayaking and swimming, which don't add to noise or water pollution.

GOING FISHING?

Check with the Ministry of Natural Resources for fishing guidelines (for example, what species and sizes of catch are allowed). Don't forget to get your fishing license, and ask about catch-and-release programs. Use lead-free sinkers and biodegradable fishing lines. ■

AT THE COTTAGE: TRIED & TRUE TIPS

We asked a few cottage lovers for their eco-friendly suggestions.

"I add ⅓ cup (75 mL) tea tree oil to a bucket of water and pour it into a recycled spray bottle to disinfect the cottage each spring. It helps get rid of odours – without filling the place with nasty chemicals."

– C.B., Haliburton, Ont.

"I tackle the windows at our cottage with my mother's concoction of 3 cups water (750 mL), ⅓ cup (75 mL) vinegar and ½ to 1 tsp (2 to 5 mL) liquid soap. The latter helps avoid unsightly streaking. Shake it up in a spray bottle, spray it on and wipe down."

– K.H., Waterton, Alta.

"For those hard to clean, really ugly messes and stains on counters, floors and other surfaces that require scouring, I start by scrubbing with a bristle brush, which I dip into a homemade solution of one part liquid soap and one part baking soda."

– J.D., Charlesvoix, Que.

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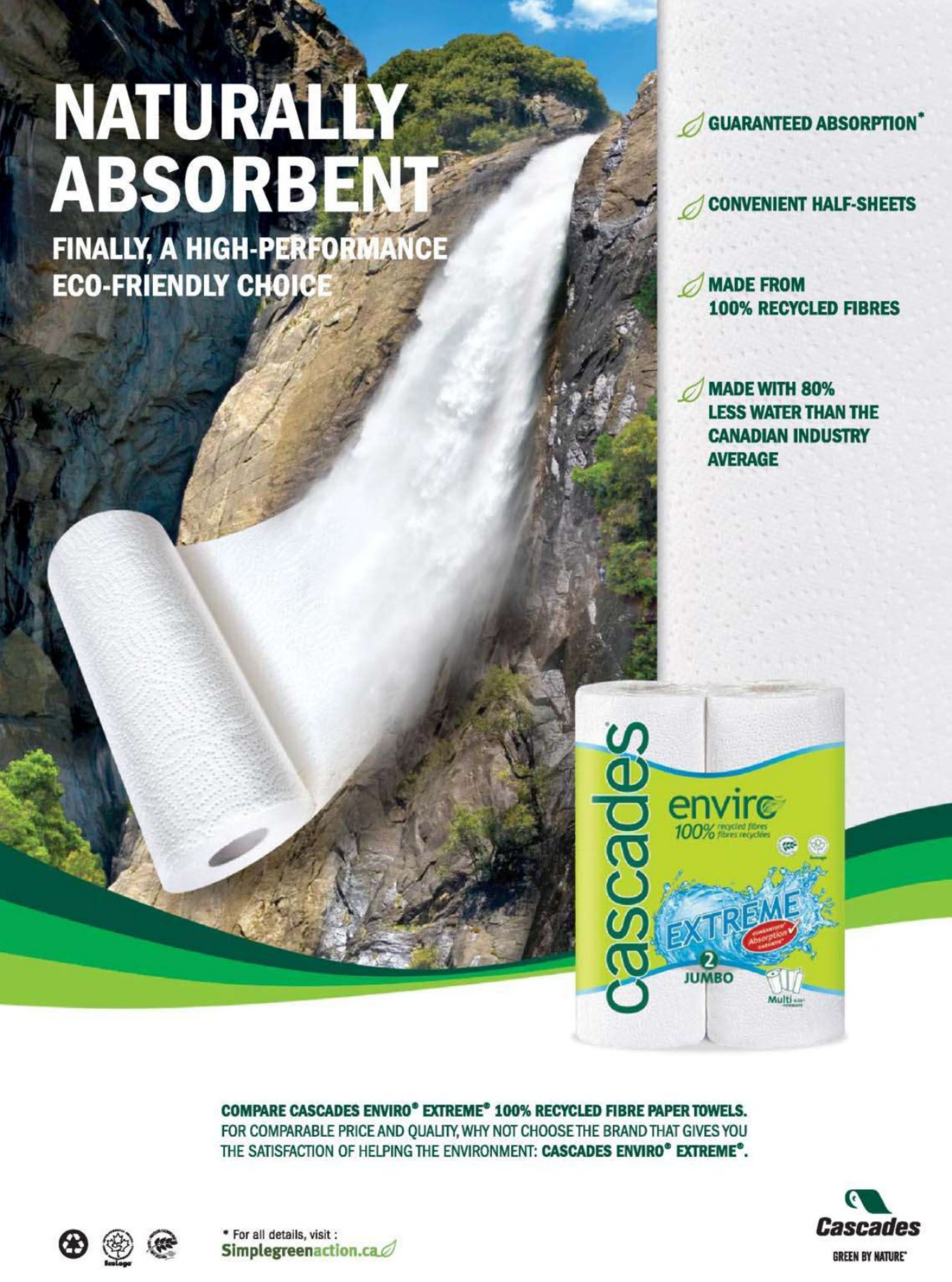

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If you're seeking information about severance packages but don't want to consult a lawyer, visit firedwithout cause.com. For $40, this site will advise you on how much severance pay you're entitled to; for an additional $20, it will draft a counter-offer letter. You can also get key information from employment sites, including these three:
• workrights.ca (click on "Losing a Job");
• settlement.org (Ont.);
• and jobs.ca (B.C.).

BY ANNA SHARRATT

After the shock of being laid off fades, you need to ask yourself: Did I get a fair package? Under common law, an employer should give you reasonable notice if they're going to let you go. In most cases, employers choose to give you pay in lieu of notice. If you've worked for the same employer for less than five years, you're entitled to termination pay. But if you've worked for the company longer than five years, you should receive severance pay, says Craig Colraine, a partner with Birenbaum Steinberg Landau Savin and Colraine LLP in Toronto. (For tips on coping with job loss, visit canadianliving.com/june.)

A common-law severance package amounts to more than termination pay and rewards your seniority while also compensating you for your loss of benefits. Payouts vary widely and factor in such things as the nature of your position, how long you worked for the employer and the availability of similar jobs in your field.

Though all employers are required to pay a minimum severance pay of one week's salary per year of employment, a month per year is more common, says Robbie Fleming, a Vancouver-based employment lawyer. But some companies offer just below what's reasonable, expecting you to return to the table with a request for larger payout.

You may not get all that money up front, though. Your employer may prefer to continue to pay your salary for a set period of time, hoping you'll find a job. That's because if you find employment while collecting severance pay, your former employer can immediately stop your payments.

NEGOTIATE, NEGOTIATE

If you are let go, don't sign any agreements that day, says Fleming. And don't be intimidated by the two-week deadline many employers impose for a response. Bill Gale, an employment lawyer in Toronto, says although a handful of employers will refuse to negotiate beyond those two weeks, the deadline is not legally binding and can be extended.

A severance package is not just about earnings – it can also include compensation for a variety of perks you may have received. If you got an annual bonus, for example, you should be able to receive a portion of that amount prorated to the number of months of the year you've worked. Health and dental benefits can also be extended. If you're covered under your spouse's plan, you can ask for cash in lieu of these benefits.

DO I NEED A LAWYER?

Everyone's situation is different and that's why it's "a good idea to obtain legal advice before accepting an employer's offer," says Colraine. A lawyer can go over the full details of your employment terms and termination. If a lawyer helps draft a revised offer, the average rate of $400 per hour is tax-deductible. To save time and money, organize documents that apply to your case, such as stock-option plan information and pay stubs, ahead of time. You could also represent yourself and negotiate directly with the human resources department of your organization. ■

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Life Matters

let's talk

YOU TOLD US

Last month, we asked you, How much should kids contribute toward their post-secondary education? Here's what you had to say.

- At least half of the expenses. **42%**
- Nothing, if their parents can afford to foot the whole bill. **32%**
- They should pay for room and board if they need or want to go out of town. **26%**

NOW TELL US

What's your ideal family summer vacation?

- Lazing around a rustic Canadian cottage.
- Finding fun, inexpensive things to do around my hometown.
- Discovering another part of the country.

You can cast your vote at canadianliving.com/june. Results will appear in the July issue.

KEEP YOUR COMPUTER SAFE

Scott Wright, a streetwise security coach and an associate of IT Services Canada in Ottawa, offers these tips for keeping your home computer virus-free and your private info protected.

- Keep your system up to date. And make sure any protection software, such as Norton, will automatically update – the latest versions ensure viruses can't obtain your personal information and corrupt your files.
- Stay away from file-sharing software, such as LimeWire and BitTorrent. The files you download through them can contain viruses.
- Don't click on attachments or links in emails you weren't expecting.
- Back up all important files and emails. If you think your computer has been compromised, install an anti-malware program, such as Microsoft Security Essentials.

– Melissa Sundardas

EDITOR'S PICK

Green Careers: You Can Make Money and Save the Planet (Lobster, 2010, $16.95) by journalist and *Canadian Living* writer Jennifer Power Scott, profiles more than 30 young people whose passion for the environment fuelled their entrepreneurial spirit. Whether your teen's interest is fashion, technology, nature or animals, she'll be inspired to create her own eco-friendly career.

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FIVE EASY WAYS TO IMPROVE YOUR CREDIT SCORE

A poor credit score could end up costing you a lot of money. Simply put, the lower your score, the higher your interest rates will be on mortgages, car loans and credit cards, and the riskier banks and other lenders will consider you. Sylviane Desparois, of the Financial Consumer Agency of Canada, offers these five easy ways to improve your credit score.

1. Pay your bills in full and on time. If this isn't possible, at least make the minimum payment by the monthly due date.

2. Pay your debts as quickly as possible. Outstanding mortgage payments and personal loans are noted on your credit score.

3. Don't max out your credit card. Try to keep your balance below 35 per cent of your spending limit.

4. Build a credit history. "You do this by using your credit cards and by making regular payments, which shows your capacity to pay," says Desparois.

5. Limit the credit and loan applications you make. Too many lenders asking about you at once may reflect negatively on your score.

– Wendy Graves

WEDDINGS AND KIDS

When your young child is invited to a wedding, you want her on her best behaviour. Kathy Buckworth, a parenting author and mom in Mississauga, Ont., offers these tips for making the event enjoyable for everyone.

- Plan how you will manage noise and keep your child's activity to a minimum during the service. Have an exit strategy in case your baby starts crying or your toddler can't sit still. "Try to arrive with them freshly napped, changed and well fed," she says.
- If your child is mature enough, ask how she can participate (for example, by handing out programs).
- Have a game plan for the reception and decide ahead of time when you'll leave. Bring snacks, drinks and quiet toys to keep her busy before dinner and through the speeches.
- If your child is old enough, use this time to teach her dinner manners, and engage her in conversation, asking what she liked about the ceremony.

– Lisa Fielding

PHOTOGRAPHY, GETTYIMAGES

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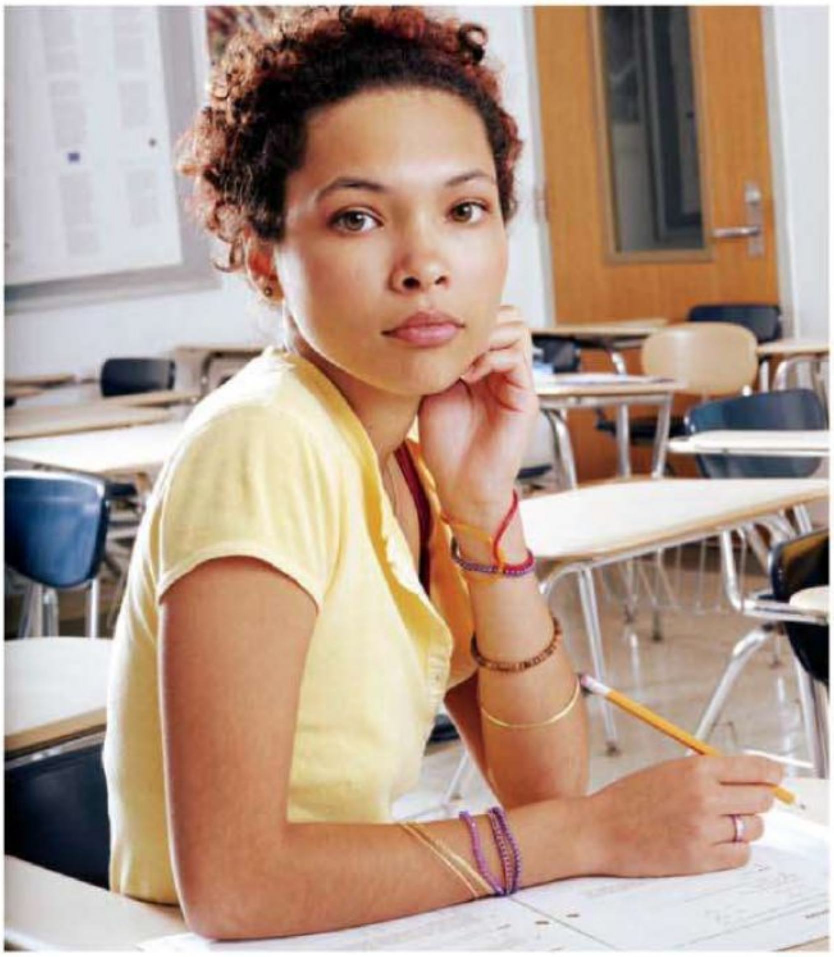

PHOTOGRAPHY, DIGITAL VISION/THINKSTOCK

HOMEWORK ON HIGHER LEARNING

Is your high school grad weighing offers from colleges and universities? Anne Peters, a high school guidance counsellor in Souris, P.E.I., says she should ask a few questions before accepting an offer of admission.

1. What are the costs? (Ask about tuition, residence, books and other miscellaneous fees.)

2. Can I defer my acceptance for a year if I need to work or decide to get some volunteer experience?

3. Are there any scholarships I can still apply for?

4. Is residence guaranteed for first-year students?

5. What rules, in general, govern on-campus housing?

6. Is the residence meal plan mandatory for first-year students – and does it accommodate dietary restrictions?

7. What extracurricular activities (such as varsity and intramural sports, clubs and organizations) are available?

8. Are there co-op programs and, if so, how do they work?

– Elizabeth Zahur

TEENS, STILL NEED A SUMMER JOB?

The Job Bank from Service Canada may have the answer. Here, students will find more than 5,000 listings covering every province. They can narrow their search by region and even type of job. Visit jobbank.gc.ca and click on Student/Youth Job Search.

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*versus the next leading regular liquid detergent.

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Scrapbooking Kits

SCRAPTIVITY, $43, comes with sheets of double-sided patterned paper and card stock. Kits also include a newsletter with instructions.

THE VERDICT

"A kit like this would be a great way to get started in scrapbooking."

– Austen Gilliland, associate editor, Copy

For a chance to win one of these scrapbooking kits, visit canadianliving.com/june.

MEMORY WORKSHOP, $37, comes with coloured and patterned paper, foil-embossed chipboard, word and shape stickers, borders, small alphabet and symbol stickers, and a gold metallic pen.

THE VERDICT

"My favourite parts were the interchangeable stamps (with itty-bitty ink pads) and the heavy papers printed with so-old-they're-new-again graphic patterns."

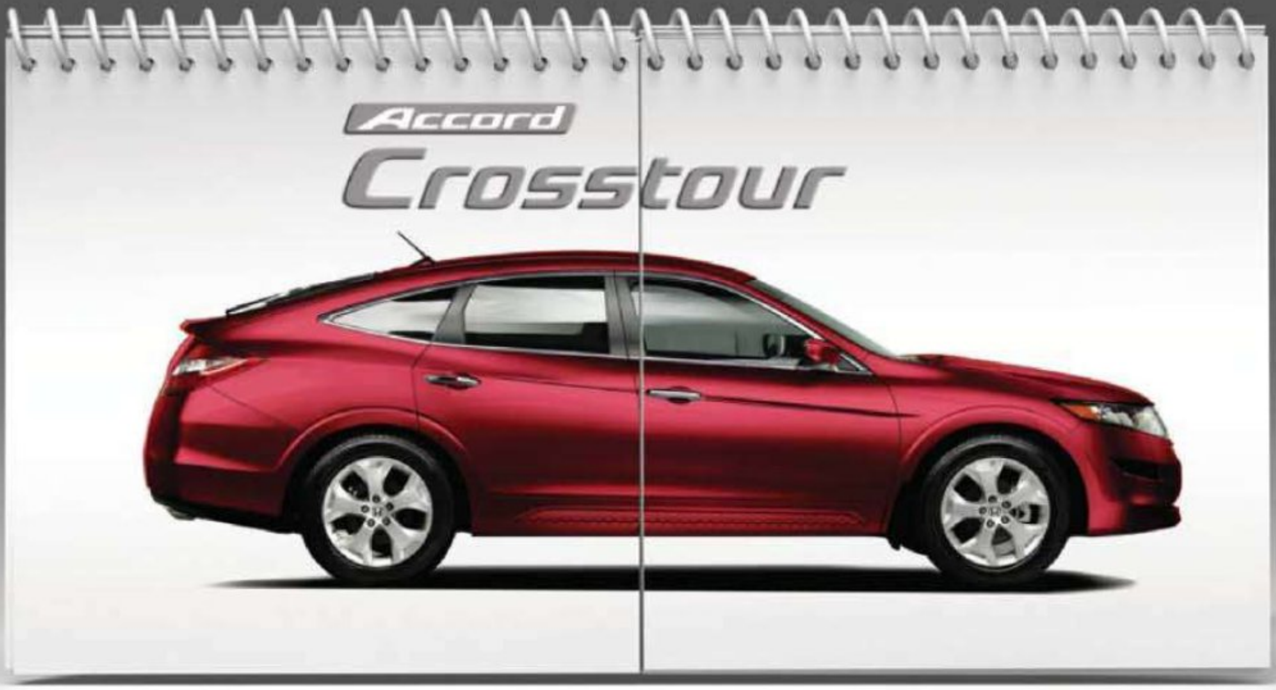
– Anna Tournier, Ajax, Ont., reader

NINABROOK DESIGNS CRATE PAPER KIT, $15, includes detailed instructions, sheets of white card stock and patterned paper, adhesive letters and symbols, and 47 glitter die-cut shapes.

THE VERDICT

"The stick-on letters were great for customizing my own cards, but the real fun was the glitter die-cuts in adorable flowery shapes!"

– Frances Gingras, Gatineau, Que., reader



The all-new 2010 Accord Crosstour.

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HONDA

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HOUSEHOLD CONFIDENTIAL:

my secrets to being even more amazing!

NAME:
Joanna Roberts

AGE: 44

OCCUPATION:
Project manager / wife / mother of two

PASTIME:
Entertaining family and friends, reading, taking the kids to music lessons and recitals

PRIZED POSSESSIONS:
"I love my Electrolux appliances! The stylish European designs are gorgeous, and the ingenious features make them perfect for my busy lifestyle. Whether I'm having a dinner party, hosting a gathering or just cooking dishes on the weekend to store and serve over the coming week, nothing beats Electrolux. It's innovative performance I can really count on. What's not to love?"

1 ELECTROLUX FRENCH DOOR REFRIGERATOR:

Perfect for entertaining!

The **Most Usable Capacity** gives me the most usable space inside, with the same space outside. There's room for everything, including party platters.

I can store everything from cheese trays to ice cream cake in the **Perfect Temp Drawer**™, since I can customize the settings or choose from 9 preset selections.

This fridge makes filtered, restaurant quality ice. With the **Twice the Ice**™ feature it actually makes double the ice of other fridges.

2 ELECTROLUX DISHWASHER:

My best clean-up partner after a party!

Largest Usable Capacity means even my oversized dinner party dishware fits inside.

I can run the dishwasher during dessert, since it's the **quietest dishwasher in its class.**

The **Perfect Stemware**™ **Cycle** ensures my stemware will be spotlessly clean.

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4 ELECTROLUX MICROWAVE:

It does so much more than warm leftovers!

The sleek design of this microwave means it matches the rest of my European-style kitchen and our other stunning Electrolux appliances.

Thanks to **Cook-2-Perfection**™ technology that evenly distributes energy I don't have to worry about turning the plate or testing the temperature of the food – it's perfect every time.

With 9 auto cook options and 1200 watts, it's **high-performance power** that can cook and heat even the biggest plate of leftovers.

For more information, visit **electroluxappliances.ca**

3 ELECTROLUX INDUCTION RANGE:

Helps me cook like a superstar!

I now know that induction technology is more energy efficient and leaves the cooking surface cooler so it's easy to clean – the other plus? It **boils water in 90 seconds** so the kids don't even have time to complain about being hungry!

I get moist, delicious poultry, and a very happy extended family every Holiday with the **Perfect Turkey**™ **Button**.

Enter to
win!*

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GRAND PRIZE: French Door Refrigerator, Dishwasher, Electric Freestanding Range, Over-the-Range Microwave, all with Wave-Touch™ controls that activate with the touch of a finger.

1 OF 2 SECOND PRIZES: Large Capacity Washer and Perfect Steam™ dryer sets that will have your load washed and dried in about 36 minutes.

*No purchase necessary. Must be legal Canadian resident over age of majority in your province or territory to enter and win. Skill-testing question required. Contest begins April 5, 2010 at 12:00:00 p.m (EDT) and ends on June 28, 2010 at 23:59:59 p.m (EDT). Complete contest details available at www.mochasofa.com/electrolux

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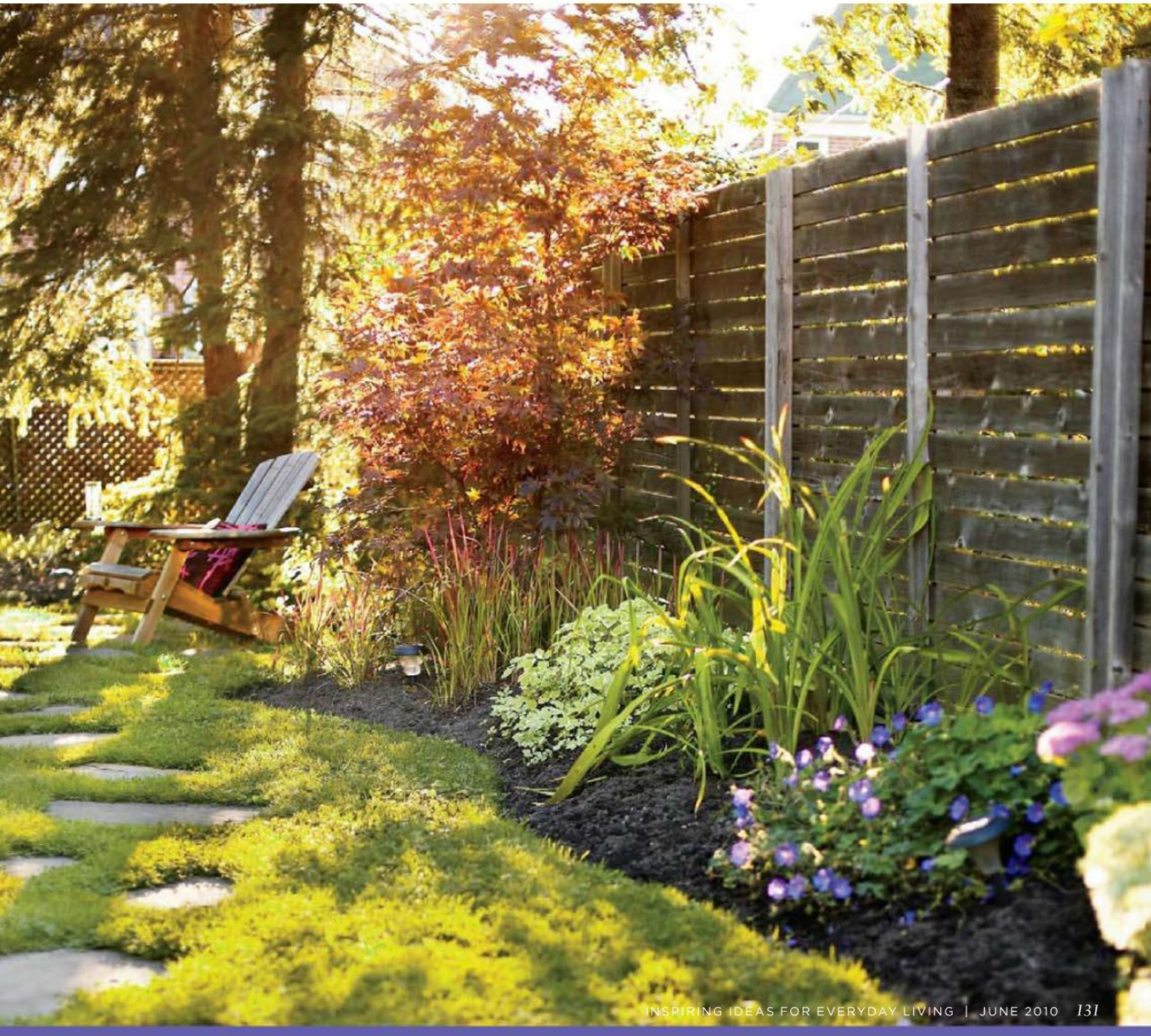
AN IDYLLIC
Backyard Escape

First-time homeowners transform a neglected city yard into a tranquil garden – with the tiniest budget.

BY HEATHER BUCHAN
PHOTOGRAPHY BY PAUL CHMIELOWIEC



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The old flagstones, laid to echo the undulating garden beds, have acquired a mossy patina.

WHEN MY HUSBAND, MIKE, AND I bought our house in the fall of 2007, we were impressed with the generous size of the backyard, but not with its neglected state. A dilapidated deck led to a yard of fence-to-fence grass, littered with weeds. It was in need of some serious TLC. As fall gave way to winter, I began dreaming of ways to transform the bare-bones yard into a welcoming outdoor living space the following spring. I had acquired a green thumb while tinkering in my mother's garden over the years and was excited by the prospect of tackling all the landscaping ourselves.

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Where we started: In April 2008, we enlisted two friends with a landscaping business and an eye for layout to draw up plans, including the exact depth to dig the garden beds (60 centimetres/two feet), how wide to make them (60 to 120 cm/two to four feet) given our yard's size (seven by 25 metres/23 by 84 feet), and how much earth was needed to fill them (five cubic metres/seven cubic yards). To give the property visual depth, they suggested laying a stone pathway from the deck to the foot of the garden, where we wanted a sitting area set on flagstones. Friends of ours had a truckload of Old Credit Valley flagstone headed for the dump, which we diverted to our backyard, saving ourselves hundreds of dollars. (Learn how to make your own garden path at canadianliving.com/june.) »

A weathered stone planter sunk into the soil (above), surrounded by stones collected on beach holidays, and filled with water and a floating hibiscus bloom serves as a mini water feature in the garden.

The new deck (right) extends from the back of the house to the garden and serves as another room during the summer months.

A slender Japanese maple, bordered by Japanese blood grass (below), creates a subtle focal point in the garden.

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Heather and Mike on the deck they designed and built with the help of their family.

The planting: We then got down to the backbreaking two-day task of digging garden beds around the yard's perimeter, then laying the flagstone path and patio. Next came the fun part: planting. We trained purple clematis and climbing white hydrangea up trellises on the side of the garage to soften the look of the siding and envelop it in colour and texture. At the foot of the garden, under two existing evergreens, we planted dozens of ferns; they thrive in the shade. As a way to set off the patio area from the rest of the garden and create a delicate focal point at the patio's "entrance," we planted »

OUR PLANT PICKS

- Clematis *(Clematis microphylla):* bright sunlight for the leaves and cool, shaded soil for the roots
- Ajuga *(Ajuga australis):* full sun to full shade
- Creeping thyme *(Thymus serpyllum):* best in full sun, tolerates partial shade
- Becky daisy *(Bellis perennis):* full sun
- Poppies *(Papaveraceae):* full sun
- Thistle *(Carduus):* full sun
- Periwinkle *(Vinca):* full sun to full shade
- Gayfeather 'Kobold' *(Liatris spicata):* full sun
- Lamb's ears *(Stachys byzantina):* full sun to full shade
- Climbing hydrangea *(Hydrangea petiolaris):* thrives in shade
- Ornamental grasses: prefer full sun
- Bishop's weed/snow on the mountain *(Aegopodium podagraria):* partial shade
- Orange daylilies *(Hemerocallis):* full sun
- Ferns *(Polypodium californicum):* shade
- Hosta *(Hosta fortunei var. aureomarginata):* best in sun, but shade tolerant
- Lavender *(Lavandula):* full sun
- 'Rosalie' peonies *(Paeonia):* best in full sun, but will tolerate partial shade
- Japanese maple *(Acer japonicum):* partial shade, partial sun
- Japanese blood grass *(Imperata cylindrica):* full sun with moist soil
- Hibiscus *(Hibiscus moscheutos):* full sun
- Silver Mound *(Artemisia schmidtiana):* full sun
- Geranium cranesbill *(Geranium sanguineum):* full to partial sun and partial shade
- Lily of the valley *(Convallaria majalis):* partial shade

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A planter box made of leftover decking material functions as a room divider between the dining area and the raised deck.

WHAT WE BOUGHT

1. Soil (including delivery) = $339
2. Clean-fill Dumpster (for grass and earth we dug out for garden beds) = $180
3. Japanese maple (on sale) = $99
4. Japanese blood grass ($13 x 4) = $52
5. Hibiscus = $19
6. Ornamental grasses ($24 x 2) = $48

Total = $737

a Japanese maple bordered by Japanese blood grass. We planted all perennials, but used a variety to ensure blooms at different times throughout the season.

Low-cost option: Given our limited budget, we asked our families to donate perennials from their gardens. Within days, bright pink 'Rosalie' peonies, orange daylilies, purple and white hostas, echinacea and lavender began to fill our garden with bursts of colour. Finally, we planted the arching beds around the patio with a variety of ground cover – periwinkle, lamb's ears and Bishop's weed – to create a thick carpet of low-maintenance foliage. ■

I need a ... change!

Hmm... What room can I transform, just by changing the colour of the walls?

a- Living room
b- Kitchen
c- Dining room
d- Bedroom
e- Bathroom

My palette would be ...

a- Neutral colours
b- Soft pastel colours
c- Bright and energetic colours
d- Dark colours

This change would make me ...

a- Proud
b- Happy
c- Relieved
d- All of the above!

tip

Before launching into your project, spend some time collecting pictures of room decors that you like, and store them in the attached **Sico Scrapbook Folder**. After a while, take the pictures out and look at them again. You will see that certain elements repeat.

For instance, the kitchens may always have white cabinets, or the bedrooms may always be in blue, etc.. This will give you a framework for your project and act as **a great starting point.**

See our exclusive articles on home decorating and answer the rest of the above survey* online. It's easy and it can help you make smart choices!

Go to:
www.styleathome.com/sico

**Survey results will be published in the September 2010 issue.*

SICO

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Pest Control

Five insects that will help your garden grow – naturally

BY FRANKIE FLOWERS

In the world of gardening, there's a battle between good and evil: the battle between good bugs and bad bugs.

Good bugs are beneficial insects that eat other bugs, primarily those that like to eat our plants. Using bugs to fight other bugs is an important element of what we horticulturalists call integrated pest management, or IPM. Beneficial bugs are nature's way, and my way, of keeping garden pests in check.

A key part of welcoming the good guys into our gardens is being able to identify them – and their larvae. It's also important not to use chemicals, which are banned in some regions. Here's a list of the bugs that are on our side.

- **Ladybugs** work to rid our gardens of soft-bodied insects such as aphids, mealy bugs and scale insects. Their dietary delights are the egg masses of many other insects. Ladybug larvae are soft-bodied, with black and orange spots. Most easily recognized is, of course, the adult ladybug, with its black-spotted hard orange shell.
- **Dragonflies** are symbolic insects in many Asian cultures. Both adults and nymphs live and fly around water; they consume many unwanted insects, including the pesky mosquito.
- **Green lacewings,** also called "aphid lions," are known for their affection for consuming aphids, but will also feed on eggs and larvae of other insects. Green lacewings have large transparent wings with green and black veins.
- **Wasps** are commonly thought of as pests that get in the way of gardening and enjoying the outdoors. But many wasp varieties help our gardens. Some pollinate plants, while others, such as mud daubers, hornets and yellow jackets, feed on insects (in particular, those in worm form, such as cabbage worms and army worms).
- **Praying mantises** look prehistoric and have stood the test of time by eating many bad bugs in our gardens. Although known for being cannibalistic, praying mantises mainly prey on insects such as grasshoppers, blowflies, wasps, houseflies, moths, cockroaches and spiders.

So next time, before you decide to squish a bug, just check its stripes – or spots – and leave the good guys alone. And if you're looking for other natural solutions to help keep unwanted insects (and animals) out of your veggies and flowers, we offer a roundup of tips at canadian living.com/june. ■

FRANKIE'S FAB 5 PLANTS FOR ATTRACTING BUTTERFLIES

Butterfly bush: A fast-growing flowering shrub that comes in a variety of colours. It will grow up to two metres tall in one season, but dwarf forms are available. Hardiness zones 4 to 9.

Milkweed: An important nectaring plant for many butterflies. Grows to 90 to 120 cm tall. Hardiness zones 3 to 9.

Parsley: Italian parsley, in particular, is a host plant for caterpillars, which love to munch on the tasty greenery. Annual herb. Grows to 30 to 45 cm tall.

Joe Pye weed: Native to most regions of Canada, this flowering perennial can be found in many marsh areas. Grows to 210 to 300 cm tall; dwarf varieties are available. Hardiness zones 3 to 9.

Bee balm: A perennial nectar-bearing plant. Grows to 100 cm tall. Hardiness zones 3 to 9.

FRANKIE FLOWERS a.k.a. Frank Ferragine of Toronto's "Breakfast Television" and "CityNews" on Citytv

PHOTOGRAPHY, ISTOCKPHOTO/THINKSTOCK

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Get your lawn ready for summer!

At Weed Man, we've known for 40 years that a knowledgeable customer makes the best partner when it comes to healthy green lawns.

Here are some expert tips to help keep your lawn looking fabulous all summer long!

Mow smart

Increase your lawn's drought tolerance by raising your mower blades to a height of 7.5 centimetres (3 inches). Longer grass promotes deeper root growth that can tap into soil moisture more effectively.

Mulch mowers, which return valuable nutrients back to the soil are recommended because grass clippings decompose quickly. Always keep your mower's blades razor sharp. Dull blades leave ragged edges that take longer to heal and can be a gateway for turfgrass pathogens. Avoid mowing your lawn when the turf is wet.

Water wise

To prevent water being lost to evaporation, irrigate your lawn in the morning; watering at night leaves the foliage wet, which can encourage disease problems. To stay green and healthy, your lawn needs about 3 centimetres (just over an inch) of water per week. Watering infrequently (but thoroughly) is the most efficient way to deliver moisture to thirsty turfgrass roots.

During periods of prolonged drought, some municipalities restrict the use of water on lawns, but don't panic! Plant dormancy is nature's way of surviving inhospitable conditions. Your grass can go dormant for up to four weeks without significant damage.

Join forces with Weed Man

Weed Man has been keeping Canadians up-to-date with the latest in environmentally-aware lawn care solutions for forty years now. Together, we keep Canada green.

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Tell us why your lawn needs a makeover and let Canada vote for the lawn that needs the most help!

Enter online at mochasofa.com/weedman

*No purchase necessary. Must be legal Canadian resident (excluding Quebec), over age of majority in your province or territory to enter and win. Skill testing question required. Contest begins April 19, 2010 at 12:00:00 p.m (EDT) and ends on June 23, 2010 at 23:59:59 p.m (EDT). Complete contest details available at www.mochasofa.com/weedman

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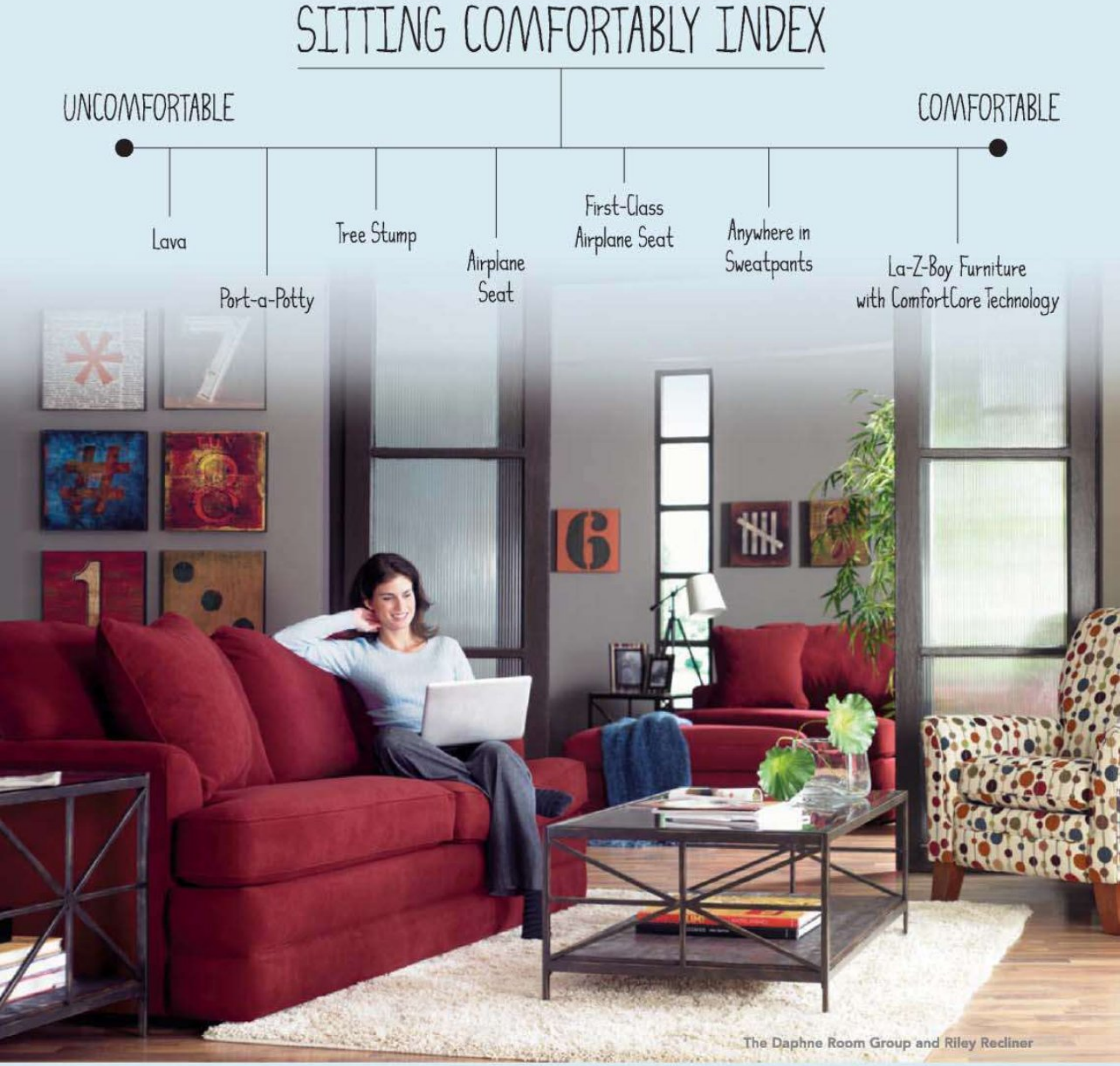

The Daphne Room Group and Riley Recliner

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ComfortCore Technology is our latest innovation in comfort. It features four distinct zones of cushioning, each designed for ideal firmness. Softer at the front of the cushion to ease pressure behind the knees. Firmer in the back for optimal support. Two more layers of cushioning provide overall comfort, durability and a final layer of softness. It's just one more reason why nothing compares to the comfort of La-Z-Boy. To experience our line of Premier sofas with ComfortCore, visit a La-Z-Boy retailer. **Learn more at la-z-boy.com/comfortcore.**

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Home Matters

PILLOW TOSS

Brightly patterned cushions are an inexpensive way to bring your patio furniture to life and add instant style to your outdoor space. Choose cushions with removable and washable covers in fabrics designed for the outdoors.

Striped oblong, bright bird and orange button pillows, $30 each, Pier 1 Imports.

Scatter Daisy pillow, $30, Pier 1 Imports.

Green striped pillow, $20, Sears.

Fretwork pillow, $25, Samaco Trading.

PHOTOGRAPHY, MICHAEL GRAYDON

CELEBRATE THE SUMMER

Visit canadianliving.com/june for a list of plants that soothe summertime burns, bug bites, cuts and rashes.

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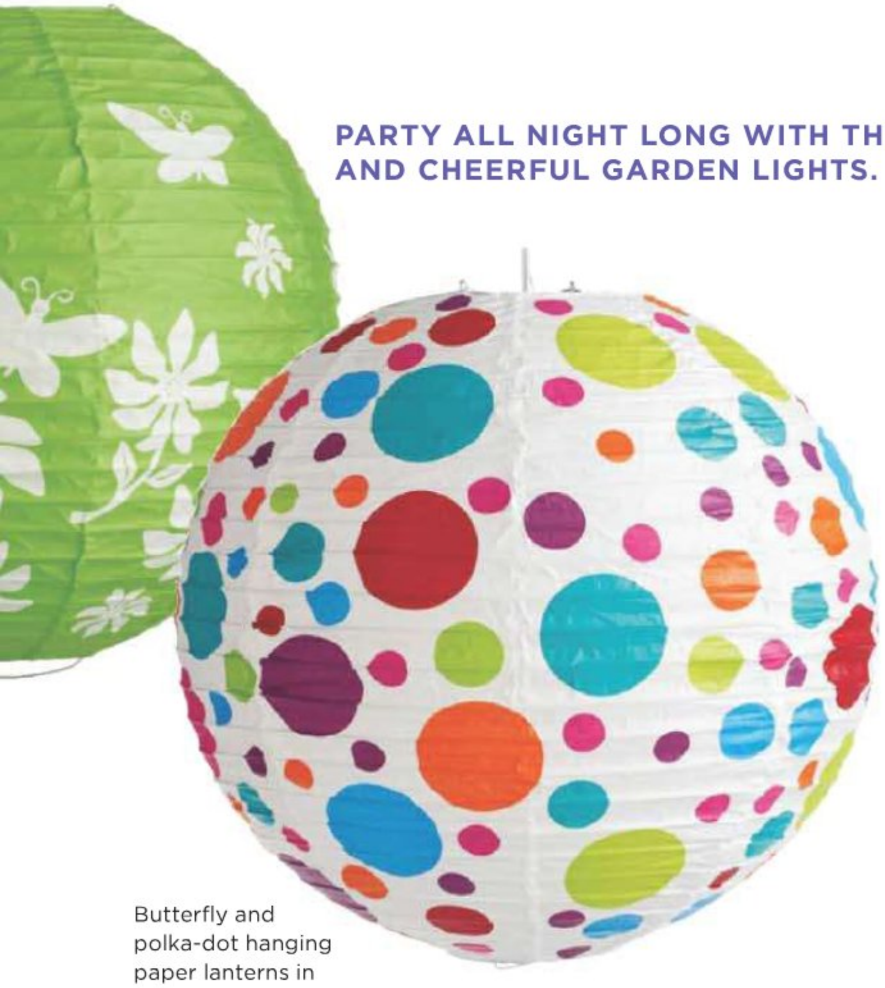


PARTY ALL NIGHT LONG WITH THESE CHEAP AND CHEERFUL GARDEN LIGHTS.

Gazebo wrought iron tea light chandelier, $54, Lowe's.

Butterfly and polka-dot hanging paper lanterns in assorted colours, 40 cm diameter, $11.50 each, Pier 1 Imports.

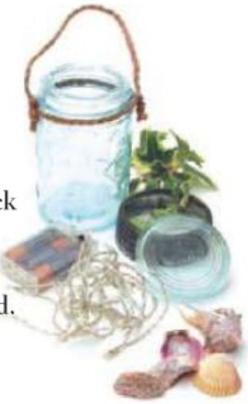
Gluckstein Home hanging accordion lanterns (use with tea lights), $20 each, Home Outfitters.

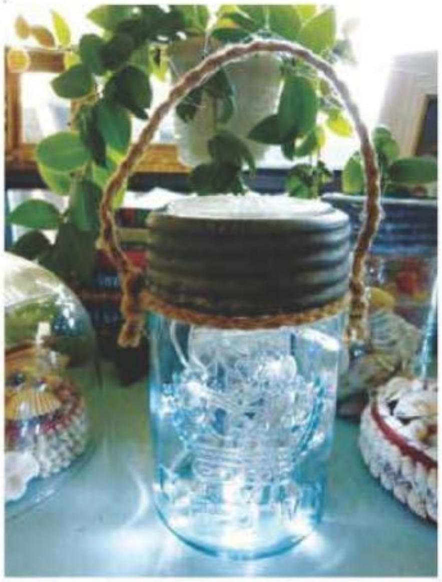
Hanging paper solar lantern with LED bulb, in three colours, $10, Canadian Tire.

Living Colours tea light holders, $3 each, Home Outfitters.

FIND AND DESIGN

Add a little sparkle to evenings outdoors with vintage preserving jars filled with twinkling battery-powered minilights. Make a hanger from wire or a braided length of twine and tie it around the neck of the jar. Add seashells, glass pebbles, branches or faux flowers, if desired. Hang from a branch, wall bracket or set on the dining table.





PHOTOGRAPHY: GEOFF GEORGE (MIDDLE RIGHT); KAREN KIRK (BOTTOM RIGHT)

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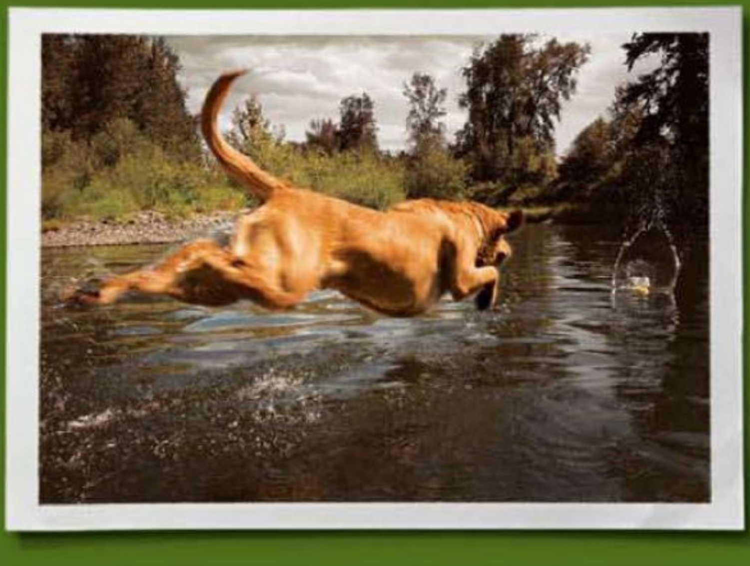

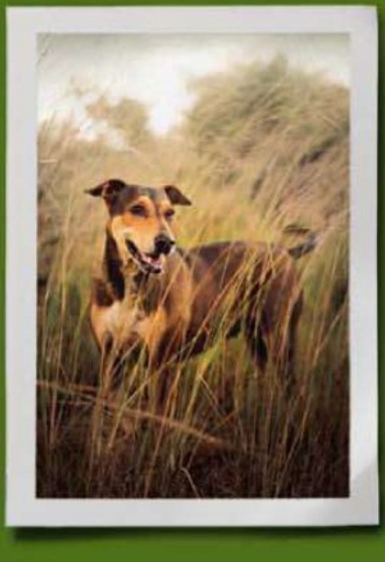

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test driven

Great Interior Paints

BENJAMIN MOORE AURA BATH AND SPA INTERIOR MATTE, $67, is low in volatile organic compounds (VOCs) and designed to resist mould and mildew, which thrive in bathrooms.

THE VERDICT

"This paint lived up to its two-coat claim on my bathroom walls (but the trim demanded an extra coat). I love the softness of the matte finish: it minimized imperfections on my 100-year-old walls."

– Erin Poetschke, art production coordinator

BEHR PREMIUM PLUS ULTRA INTERIOR SATIN, $43, combines low-VOC paint and primer in one and dries to a durable, easy to clean finish.

THE VERDICT

"This paint covers incredibly well. My walls went from dark purple to light lavender with just two coats. This paint flows really nicely, and the smell is not strong – it's almost pleasant, actually."

– Tina Anson Mine, managing editor

CIL REALLIFE INTERIOR ACRYLIC LATEX SEMI GLOSS, $42, contains no VOCs, and is a durable, scrub-resistant paint designed for high-traffic areas such as hallways, doorways, bathrooms and kitchens.

THE VERDICT

"I can honestly say that CIL is the best paint I have ever used. It covers really well, does not have a strong odour and dries very fast. I highly recommend it."

– Miguel Cea, associate art director

VALSPAR SIGNATURE COLOURS INTERIOR LATEX SATIN SERIES, $37, is a low-VOC paint-and-primer combo designed for stain- and mildew-resistant coverage with just one coat.

THE VERDICT

"I love this paint's silky, pudding-like consistency – no spatters! The coverage with one coat over a darker colour is fabulous and the slight odour was gone in seconds."

– Karen Kirk, senior editor, Home and Garden

DON'T THROW IT OUT

Q. I've been wondering about this – how old it is, for example – for a while. The basket looks like it is decorated with porcupine quills.

– Anne Purdy, Hackett's Cove, N.S.

A. This small oval quillwork box is a good example of First Nations tourist craftwork made in the last century. The leaf design and chevron band are traditional motifs, and the dot pattern on the side of the lid is a clue that it was made by a Mi'kmaq woman in the Maritimes or Maine. Since the materials are in pristine condition, your box is probably worth between $100 and $150. For more info, see *Micmac Quillwork* (Nova Scotia Museum, 1982) by Ruth Holmes Whitehead, or nativetech.org/quill.

– Conrad Biernacki, programs manager, Royal Ontario Museum, Toronto

YOU TELL US

Do you have a unique family heirloom or garage-sale find and want to know what it is or if it's valuable? Email your pics (make sure they're in focus!) to us at letters@canadianliving.com along with your name, city and province, and we'll get our team of experts on the case.

let's talk

For shopping information, see page 218

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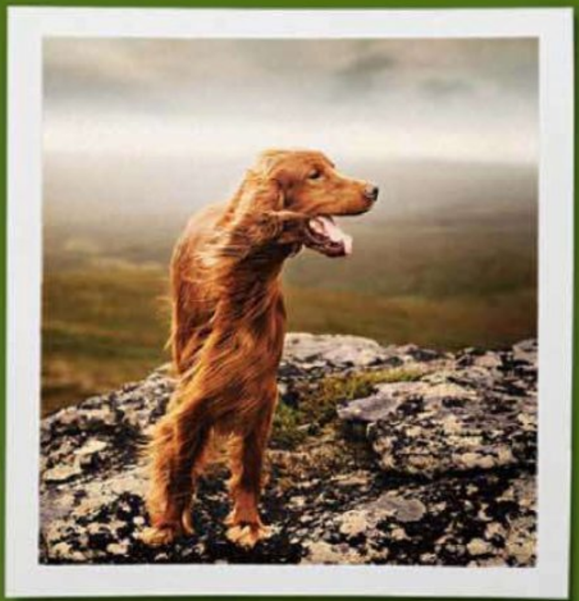

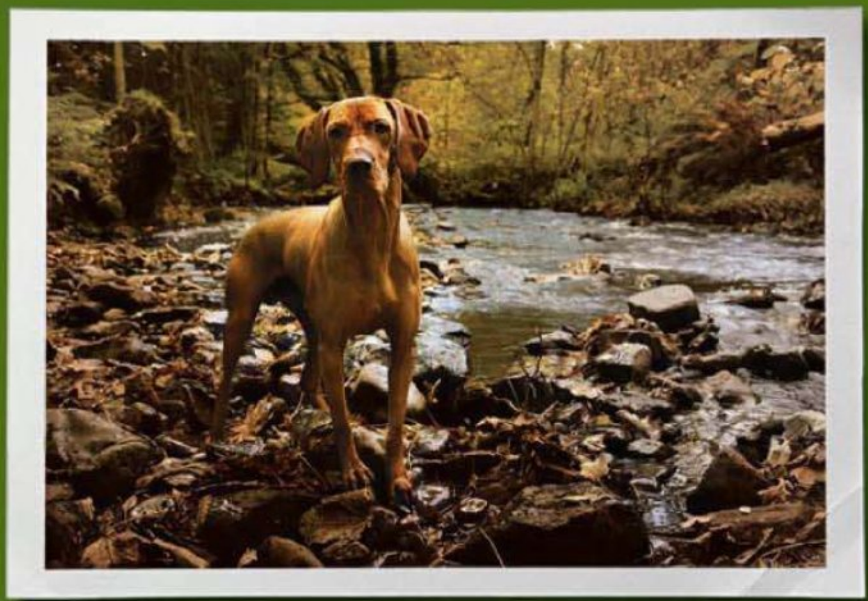

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For Keeps' Sake

Get creative. Make your own memory book.

BY AUSTEN GILLILAND

PHOTOGRAPHY, ANGUS FERGUSSON

THESE HANDMADE books are versatile, easy to make gifts. Use one to display mementoes from that trip you took with the bride-to-be. (Want to learn how to look great in those vacation snaps? Visit canadian living.com/june.) Glue in a collection of Mom's tried-and-true recipes for the high school grad who'll be leaving for university soon. Or pass one around at a baby shower, and gather some advice for the mom-to-be. However you fill this little accordian-style book, it's sure to be a hit. »

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DESIGNER'S NOTE

I chose to make this book 12 x 18 cm (5 x 7 inches), the perfect size for displaying standard 10 x 15 cm (4- x 6-inch) photographs. You can make your book any size or shape by adjusting the size of the materials you use.

YOU NEED:

1 strip 16 x 45 cm (6½- x 18-inch) **heavy plain paper, such as watercolour paper***

1 strip 16 x 46 cm (6½- x 18½-inch) **heavy plain paper, such as watercolour paper***

2 sheets 23 x 28 cm (9- x 11-inch) **decorative paper, such as wrapping paper***

2 pieces 12 x 18 cm (5- x 7-inch) **grey board** (or other 3 mm/⅛-inch-thick cardboard, such as matte board)*

Cork-backed metal ruler

Pencil

Bone folder*

Polyvinyl acetate (PVA) glue*

Paintbrush

Flat weight, such as heavy books

X-acto or small utility knife

Waxed paper and **printer paper**

Glue stick, and **adhesive photo corners** (if desired)

Ribbon, string or **decorative trim**

*Available at specialty paper or art-supply stores

TO MAKE:

1 | Lay shorter strip of paper lengthwise on work surface. Use pencil and ruler to mark fold lines at top and bottom of sheet at halfway point (23 cm/9 inches from left side). Flip and repeat, marking sheet at 11 cm (4½ inches) and 34 cm (13½ inches) from left side. Repeat with longer strip of paper, adding second set of marks on first side, 45 cm (18 inches) from left side, for joining flap.

2 | Align ruler with first set of marks on one strip; lightly score fold line by running tip of bone folder along edge of ruler [A]. Repeat for each set of marks on first side, then flip paper and repeat. Carefully fold paper (with score marks on inside of fold) to form accordian-style folds. Repeat with second strip.

3 | Using paintbrush, apply thin layer of glue to inside of joining flap on longer strip. Join strips, positioning joining flap behind one end of shorter strip. Set aside, stacking flat weight on top of paper; let dry for 10 minutes.

4 | Centre 1 piece of grey board on 1 sheet of decorative paper; with pencil, trace around board. Set board aside. With ruler, mark diagonal cut line across each corner of decorative paper, 5 mm (¼ inch) from each corner point of inner rectangle; using X-acto knife, trim corners. Repeat with second sheet of decorative paper.

5 | Working on sheet of waxed paper and using paintbrush, apply thin, even layer of glue to 1 sheet of decorative paper; place piece of grey board in centre. Using ruler to help lift edges, fold two short sides of paper over grey board and press firmly. Tuck in corners [B], then fold over remaining two sides, pressing firmly. Repeat with second sheet of decorative paper and second piece of grey board. Stack covers between sheets of printer paper (to absorb excess moisture) and let dry under flat weight for 20 minutes.

6 | Place sheet of waxed paper under top sheet of accordian-folded pages and, using paint brush, apply thin, even layer of glue. Using both hands, pick up inner pages and carefully centre glued sheet on wrong side of one of the covers; press firmly in place [C]. Repeat with back page and back cover. Let dry under flat weight for 20 minutes.

7 | Fill book as desired, using glue stick or adhesive photo corners. Wrap with ribbon and tie closed. ■

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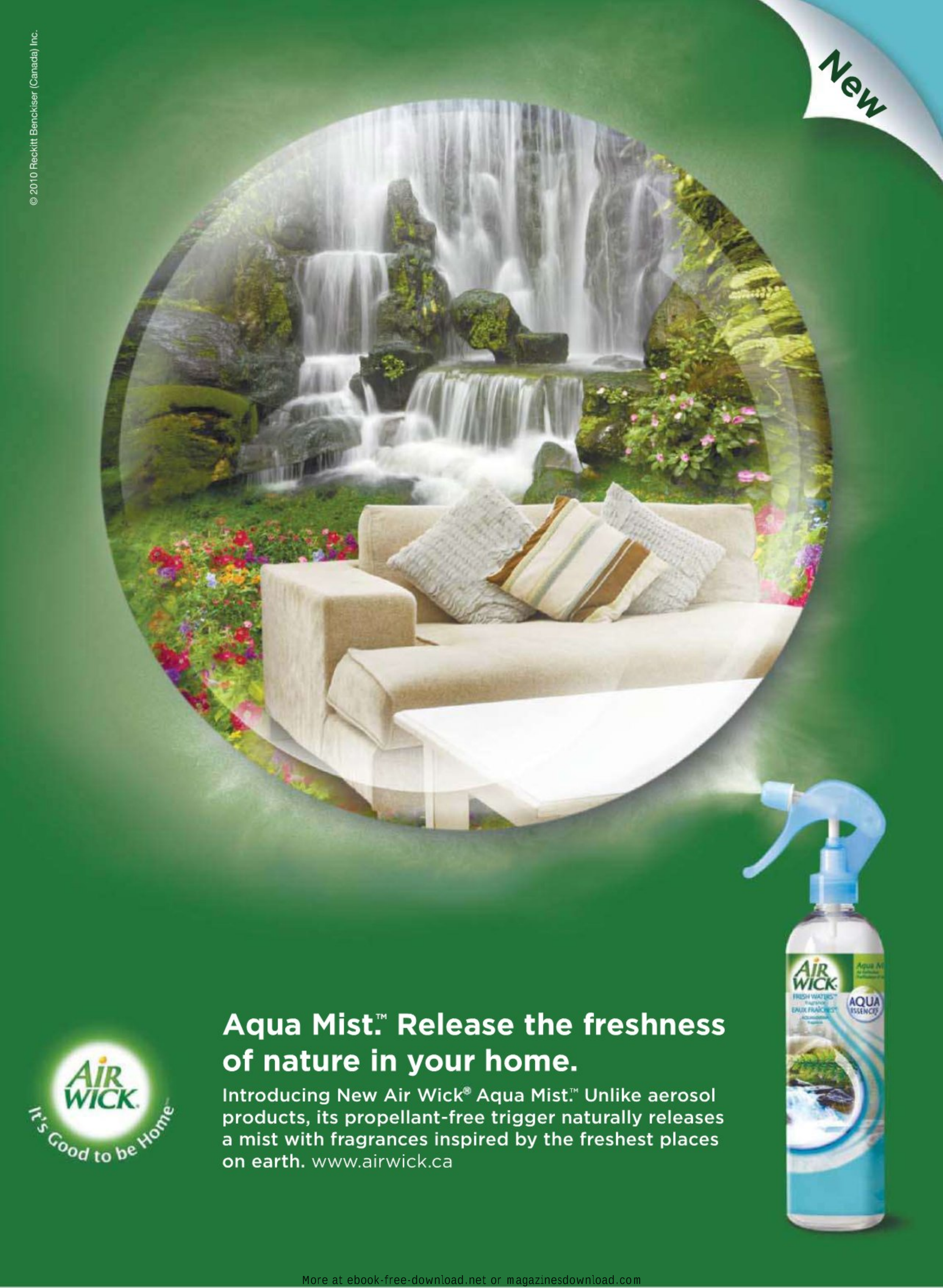

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Cupcake Toppers

Top off your desserts with a touch of fun!

BY AUSTEN GILLILAND

IT DOESN'T TAKE long to create these cute cupcake toppers – they make fun place markers or party favours, too. Once the cutting and gluing is done, visit canadianliving.com/june to find our vanilla cupcake recipe and bake up some yummy bases.

PHOTOGRAPHY, ANGUS FERGUSSON

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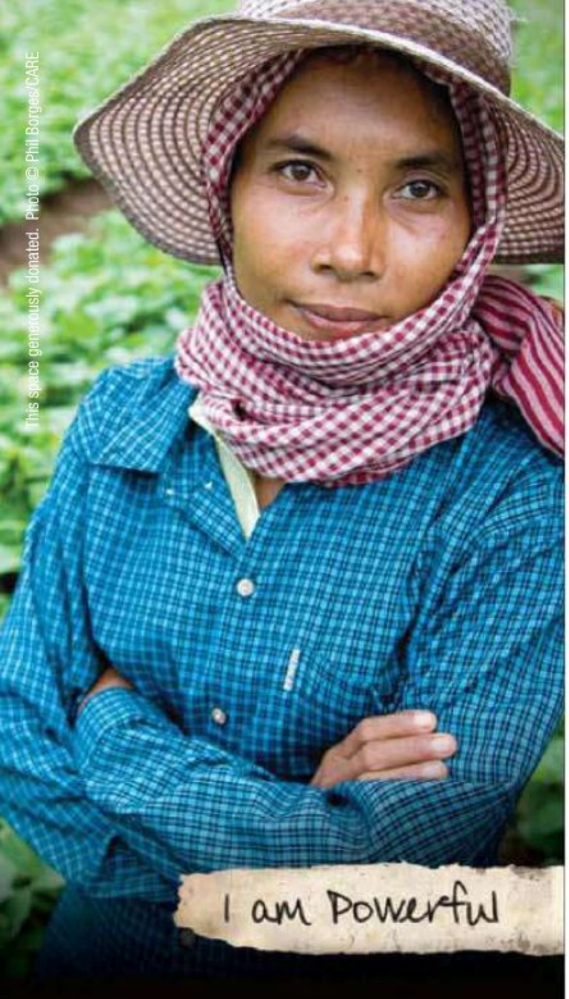

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YELLOW DAISY

With **pencil,** draw or trace 4 cm (1½-inch) diameter circle on **white craft foam** and 7.5 cm (3-inch) diameter circle on **yellow craft foam.** Using **pinking shears,** cut out white circle; using **scissors,** cut out yellow circle. With **pencil** and **ruler,** divide yellow circle into 8 wedges; round corners of wedges to form petals. Cut around and between petals, almost but not all the way into centre. Draw two 4 cm (1½-inch) long and two 5 cm (2-inch) long leaf shapes on **green craft foam;** cut out small shapes with **pinking shears** and large shapes with **scissors.**

Using thin layer of **craft glue,** adhere white circle to yellow petals; glue leaves together (see photo). Spread **craft glue** on top 5 cm (2 inches) of **bamboo skewer;** adhere skewer to backs of flower and leaves. Let dry.

YELLOW RANUNCULUS

With **pencil,** draw or trace one 2.5 cm (1-inch) diameter circle and two 5 cm (2-inch) diameter circles on **yellow craft foam;** draw or trace one 4.5 cm (1¾-inch) diameter circle on **orange craft foam.** Using **pinking shears,** cut out circles; set one large yellow circle aside.

Centre and stack circles together (see photo), adhering with thin layer of **craft glue.** Spread glue on wrong sides of large yellow circles, then adhere, sandwiching top 5 cm (2 inches) of **bamboo skewer.** Let dry.

PINK DAISY

With **pencil,** draw or trace 1.5 cm (¾-inch) diameter circle on **yellow craft foam;** 2.5 cm (1-inch) diameter circle on **orange craft foam;** and 8 cm (3-inch) diameter circle on **pink craft foam.** Using **scissors,** cut out yellow and pink circles; using **pinking shears,** cut out orange circle. With **pencil** and **ruler,** divide pink circle into 12 wedges; round corners of wedges to form petals. Cut around and between petals, almost but not all the way into centre.

Centre and stack foam circles together (see photo), adhering with thin layer of **craft glue.** Spread thin layer of craft glue on top 5 cm (2 inches) of **bamboo skewer;** adhere skewer to back of flower. Let dry.

BUSY BEE

With **pencil,** draw 5 cm (2-inch) long oval on **yellow craft foam,** tapering one end slightly, for body. Draw 3 cm (1¼-inch) high heart shape on **white craft foam** for wings. Draw three 5 mm (¼-inch) wide arcs on **black craft foam** for stripes. Using **scissors,** cut out; trim inner curve of heart for wing shape.

With **craft glue,** adhere stripes to body; trim if necessary. Adhere wings to wrong side of body. With dab of glue, attach **googly eyes** (see photo). Spread **glue** on top 5 cm (2 inches) of **bamboo skewer;** adhere to back of bee. Let dry. ■

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Cream of the Crop

Whip up dreamy desserts with luscious cream cheese.

BY THE TEST KITCHEN

tested till perfect

PHOTOGRAPHY, YVONNE DUIVENVOORDEN. FOOD STYLING, LUCIE RICHARD. PROP STYLING, LAURA BRANSON

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Cream Cheese Crater Cupcakes

Prep: 10 minutes
Cook: 20 minutes
Makes: 12 cupcakes

⅓ cup (75 mL) **boiling water**
1 tsp (5 mL) **instant espresso powder**
2 oz (60 g) **bittersweet chocolate,** chopped
¼ cup (60 mL) **buttermilk**
¼ cup (60 mL) **unsalted butter,** softened
⅔ cup (150 mL) **granulated sugar**
1 **egg**
½ tsp (2 mL) **vanilla**
1 cup (250 mL) **all-purpose flour**
⅓ cup (75 mL) **cocoa,** sifted
½ tsp (2 mL) **baking soda**
½ tsp (2 mL) **baking powder**
Pinch **salt**

FILLING:
½ cup (125 mL) **cream cheese,** softened
¼ cup (60 mL) **granulated sugar**
¼ tsp (1 mL) **vanilla**

FILLING: In bowl, beat together cream cheese, sugar and vanilla; set aside.

In small bowl, whisk boiling water and espresso powder into chocolate until smooth. Let cool slightly. Stir in buttermilk.

In large bowl, beat butter until light and fluffy; gradually beat in sugar. Beat in egg and vanilla.

In separate bowl, whisk together flour, cocoa, baking soda, baking powder and salt; beat into butter mixture alternately with chocolate mixture, making 3 additions of dry ingredients and 2 of chocolate.

Divide evenly among 12 paper-lined muffin cups. With spoon, make indentation in centre of each. Spoon about 1 tbsp (15 mL) filling into each.

Bake in 350°F (180°C) oven until tops are firm to the touch, about 20 minutes. Let cool.

PER CUPCAKE: about 206 cal, 3 g pro, 10 g total fat (6 g sat. fat), 28 g carb, 2 g fibre, 37 mg chol, 105 mg sodium, 104 mg potassium. % RDI: 3% calcium, 9% iron, 8% vit A, 12% folate.

Carrot Cake for a Crowd

Prep: 25 minutes
Cook: 35 minutes
Makes: 24 to 36 servings

✱ We bulked up our favourite recipe to fill a 20-cup (5 L) metal cake pan, such as a 14- x 14- x 2-inch (35 x 35 x 5 cm) square or 15- x 11- x 2-inch (38 x 28 x 5 cm) rectangle. You can

Cream Cheese Crater Cupcakes

Carrot Cake

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rent these from some cake-decorating stores, or buy one online at goldaskitchen.com. Or use two 13- x 9- x 2-inch (3.5 L) pans.

4 cups (1 L) **all-purpose flour**
4 tsp (20 mL) **baking powder**
4 tsp (20 mL) **cinnamon**
2 tsp (10 mL) **baking soda**
1½ tsp (7 mL) **salt**
1 tsp (5 mL) **nutmeg**
6 **eggs**
1½ cups (375 mL) each **granulated sugar** and **packed brown sugar**
1½ cups (375 mL) **vegetable oil**
2 tsp (10 mL) **vanilla**
4 cups (1 L) **grated carrots**
2 cans (each 14 oz/398 mL) **crushed pineapple,** drained

ICING:
1½ pkg (each 8 oz/250 g) **cream cheese,** softened
1½ cups (375 mL) **butter,** softened
1½ tsp (7 mL) **vanilla**
7½ cups (1.875 L) **icing sugar**

Grease and flour cake pan (see above). Line bottom with parchment paper. Set aside.

In large bowl, whisk together flour, baking powder, cinnamon, baking soda, salt and nutmeg.

In separate bowl, beat eggs with granulated and brown sugars until light. Gradually beat in oil until thickened. Beat in vanilla. Pour over flour mixture and stir just until moistened. Stir in carrots and pineapple. Spread in prepared pan.

Bake in 350°F (180°C) oven until cake tester inserted in centre comes out clean, 35 to 40 minutes. Let cool in pan on rack. Invert onto platter.

ICING: In large bowl, beat cream cheese with butter until smooth; beat in vanilla. Beat in icing sugar, one-third at a time, until smooth. Spread over top and sides of cake.

PER EACH OF 36 SERVINGS: about 426 cal, 4 g pro, 21 g total fat (8 g sat. fat), 57 g carb, 1 g fibre, 63 mg chol, 289 mg sodium, 120 mg potassium. % RDI: 4% calcium, 9% iron, 31% vit A, 2% vit C, 16% folate.

Cherry Cheesecake Ice Cream

Prep: 10 minutes **Chill:** 2¼ hours
Cook: 20 minutes **Freeze:** 6 hours
Makes: 4 cups (1 L), or 8 servings

2 cups (500 mL) **homogenized milk**
1 cup (250 mL) **10% cream**
5 whole **peppercorns**
1 strip **lemon rind**
6 **egg yolks**
1 cup (250 mL) **granulated sugar**
Pinch **salt**
1 pkg (8 oz/250 g) **cream cheese,** softened
½ tsp (2 mL) **vanilla**
5 **graham wafers,** coarsely crushed

SOUR CHERRIES:
1 jar (28 oz/796 mL) **red sour cherries in light syrup**
1 cup (250 mL) **granulated sugar**

In saucepan, heat together milk, cream, peppercorns and lemon rind until tiny bubbles form around edge. Remove from heat and let steep for 10 minutes.

In large bowl, whisk together egg yolks, sugar and salt; slowly whisk in cream mixture. Return to clean pan and cook over medium-low heat, stirring constantly, until thick enough to coat back of spoon, 8 to 10 minutes. Strain into clean bowl or large measuring cup.

In large bowl, beat cream cheese until light and smooth. Beat in about ½ cup (125 mL) of the warm cream mixture. Scrape down side of bowl. »

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Slowly beat in remaining mixture and vanilla. Strain into clean bowl; chill in ice bath for 10 minutes. Place plastic wrap directly on surface; refrigerate until cold, about 2 hours.

Freeze in ice-cream machine according to manufacturer's instructions. Or transfer to 9-inch (2.5 L) square metal cake pan and freeze until almost solid, about 2 hours. Break up and purée in food processor until smooth.

SOUR CHERRIES: Meanwhile, in saucepan, bring cherries in syrup and sugar to boil over medium-high heat. Boil, stirring occasionally, until syrupy, about 20 minutes. Transfer to heatproof bowl. Let cool to room temperature. Refrigerate until cold, 1 hour. Strain; set cherries aside.

Spread one-third of ice cream in airtight plastic container. Sprinkle with half each of the cherries and graham crumbs. Repeat once. Top with remaining ice cream. Seal; freeze until firm, at least 4 hours.

PER SERVING: about 466 cal, 8 g pro, 21 g total fat (11 g sat. fat), 65 g carb, 1 g fibre, 205 mg chol, 172 mg sodium, 259 mg potassium. % RDI: 14% calcium, 14% iron, 28% vit A, 3% vit C, 16% folate.

Double Cheese Kolaches

Double Cheese Kolaches

Prep: 20 minutes **Rise:** 2½ hours
Cook: 35 minutes
Makes: 12 pieces

⅔ cup (150 mL) **milk**
¼ cup (60 mL) **unsalted butter**
3 tbsp (45 mL) **granulated sugar**
¾ tsp (4 mL) **salt**
¼ cup (60 mL) **warm water**
1½ tsp (7 mL) **active dry yeast**
2 **egg yolks**
2½ cups (625 mL) **all-purpose flour**

FILLING:
¼ cup (60 mL) **4% cottage cheese**
½ cup (125 mL) **cream cheese,** softened
2 tbsp (30 mL) **granulated sugar**
1 **egg yolk**
½ tsp (5 mL) finely grated **lemon rind**

TOPPING:
2 tbsp (30 mL) **all-purpose flour**
1½ tbsp (22 mL) **granulated sugar**
1 tbsp (15 mL) **butter,** softened

In small saucepan, heat milk, 3 tbsp (45 mL) of the butter, all but 2 tsp (10 mL) of the sugar and salt until butter is melted and sugar is dissolved. Let cool to lukewarm.

In large bowl, dissolve remaining sugar in warm water. Sprinkle in yeast; let stand until frothy, about 10 minutes. Whisk in milk mixture and egg yolks. Stir in 2 cups (500 mL) of the flour to form shaggy dough.

Turn out onto lightly floured surface; knead, adding as much of the remaining flour as necessary, until smooth and elastic, 10 minutes. Place in large greased bowl, turning to grease all over. Cover with plastic wrap; let rise in warm place until doubled in bulk, about 1½ hours.

Divide dough into 12 pieces. Shape each into ball, stretching and pinching dough underneath to smooth tops. Place, 1 inch (2.5 cm) apart, in parchment paper–lined 13- x 9-inch (3.5 L) metal cake pan, pressing to flatten slightly. Melt remaining butter; brush over tops. Cover with plastic wrap and let rise until doubled in bulk, about 1 hour.

TOPPING: In small bowl, whisk flour with sugar. Using fingertips, work in butter until crumbly. Set aside. »

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FILLING: In small strainer, press cottage cheese to drain off moisture. In bowl, beat together cottage cheese, cream cheese, sugar, egg yolk and lemon rind until smooth.

Using fingers, make indentation in each ball. Spoon about 1 tbsp (15 mL) filling into each; sprinkle with crumb topping.

Bake in 350°F (180°C) oven until golden, about 35 minutes. Let cool in pan on rack.

PER PIECE: about 231 cal, 6 g pro, 10 g total fat (6 g sat. fat), 29 g carb, 1 g fibre, 76 mg chol, 208 mg sodium, 81 mg potassium. % RDI: 4% calcium, 11% iron, 11% vit A, 35% folate.

Cheesecake Squares with Berry Sauce

Prep: 15 minutes
Cook: 14 minutes **Chill:** 4 hours
Makes: 12 servings

2 cups (500 mL) **vanilla-flavoured wafers** (such as Nilla)
½ cup (125 mL) **whole almonds**
¼ cup (60 mL) **butter,** melted

FILLING:
1 pkg (7 g) **unflavoured gelatin**
¼ cup (60 mL) **water**
1½ pkg (each 8 oz/250 g) **cream cheese,** softened
½ cup (125 mL) **sweetened condensed milk**
½ cup (125 mL) **whipping cream**
1 tsp (5 mL) finely grated **lemon rind**
1 tbsp (15 mL) **lemon juice**

BERRY SAUCE:
¼ cup (60 mL) **granulated sugar**
¼ cup (60 mL) **lemon juice**
¼ cup (60 mL) **water**
3 cups (750 mL) **mixed fresh berries**
2 tsp (10 mL) **cornstarch**

In food processor, pulse wafers with almonds until fine. Drizzle in butter, pulsing until moistened. Press into parchment paper–lined 9-inch (2.5 L) square metal cake pan. Bake in 350°F (180°C) oven until firm, about 12 minutes. Let cool on rack.

FILLING: In small saucepan, sprinkle gelatin over water; let stand until softened, 5 minutes. Heat over low heat until melted, about 2 minutes.

In large bowl, beat cream cheese until smooth; beat in condensed milk, cream, gelatin mixture, lemon rind and lemon juice. Spread over base; refrigerate until set, 4 hours.

BERRY SAUCE: Meanwhile, in small saucepan, bring sugar, lemon juice and water to boil, stirring. Reduce heat; simmer until syrupy, 2 minutes. Pour over berries in bowl, tossing to coat. Refrigerate until cold, 1 hour.

Strain berry juice into saucepan. Place berries in bowl. Whisk cornstarch into juice; cook over medium heat until thickened, 1 minute. Pour over berries; toss to coat. Serve over cheesecake squares.

PER SERVING: about 341 cal, 6 g pro, 23 g total fat (13 g sat. fat), 30 g carb, 2 g fibre, 62 mg chol, 193 mg sodium, 196 mg potassium. % RDI: 9% calcium, 9% iron, 20% vit A, 18% vit C, 6% folate. ■

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BY THE TEST KITCHEN

PHOTOGRAPHY BY YVONNE DUIVENVOORDEN | FOOD STYLING BY LUCIE RICHARD | PROP STYLING BY LAURA BRANSON

Grilled Lemon Herb Trout for Two

Prep: 5 minutes
Cook: 20 minutes
Makes: 2 servings

25min TOTAL TIME

- 1 **whole trout,** cleaned (about 2 lb/1 kg)
- ½ tsp (2 mL) each **salt** and **pepper**
- 1 **lemon**
- 2 **bay leaves**
- 10 sprigs **fresh parsley**
- 2 sprigs **fresh thyme**
- 1 tbsp (15 mL) **extra-virgin olive oil**

Sprinkle inside of fish with half each of the salt and pepper. Slice half of the lemon; stuff slices, bay leaves, parsley and thyme into fish cavity.

Rub half of the oil all over outside of fish; sprinkle with remaining salt and pepper.

Place fish and remaining lemon half on well-greased grill over medium-high heat; close lid and grill, turning once, until fish flakes easily when tested, about 10 minutes per side.

Transfer to platter. Squeeze grilled lemon over top; drizzle with remaining oil.

PER SERVING: about 488 cal, 61 g pro, 25 g total fat (6 g sat. fat), 2 g carb, trace fibre, 170 mg chol, 679 mg sodium, 1,134 mg potassium. % RDI: 20% calcium, 7% iron, 22% vit A, 32% vit C, 29% folate. »

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Cover Recipe
Curried Pork Burgers

Prep: 5 minutes **Chill:** 10 minutes **Cook:** 10 minutes **Makes:** 4 servings

- 1 lb (500 g) **lean ground pork**
- ½ cup (125 mL) chopped **fresh coriander**
- ⅓ cup (75 mL) crumbled **feta cheese**
- 2 tbsp (30 mL) **curry paste**
- 2 cloves **garlic,** minced
- 2 tsp (10 mL) minced **gingerroot**
- 1 **jalapeño pepper,** seeded and minced
- ¾ tsp (4 mL) **ground cumin**
- ¼ tsp (1 mL) each **salt** and **pepper**
- 4 leaves **Boston lettuce**
- 4 **soft buns**

GRILLED RED ONIONS:

- Half large **red onion**
- 1 tsp (5 mL) **vegetable oil**
- Pinch each **salt** and **pepper**

In large bowl, mix together pork, coriander, feta, curry paste, garlic, ginger, jalapeño pepper, cumin, salt and pepper. Divide into quarters; shape into burgers. Cover and refrigerate for 10 minutes or for up to 4 hours.

Place on greased grill over medium-high heat; close lid and grill, turning once, until digital instant-read thermometer inserted sideways into centre of each reads 160°F (71°C), about 10 minutes.

GRILLED RED ONIONS: Meanwhile, peel onion; cut crosswise into ½-inch (1 cm) thick slices. Insert small skewer horizontally through each slice to keep rings in place. Brush both sides with oil; sprinkle with salt and pepper.

Place onion on greased grill over medium-high heat; close lid and grill, turning once, until softened, about 10 minutes. Serve with lettuce on burgers in buns.

PER SERVING: about 472 cal, 29 g pro, 22 g total fat (7 g sat. fat), 38 g carb, 3 g fibre, 84 mg chol, 889 mg sodium, 516 mg potassium. % RDI: 17% calcium, 25% iron, 4% vit A, 10% vit C, 36% folate.

25min TOTAL TIME

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30min TOTAL TIME

Chicken Teriyaki Skewers

Prep: 12 minutes **Cook:** 18 minutes **Makes:** 4 servings

* This recipe makes more teriyaki sauce than you need. Refrigerate the extra for another time.

1 bunch **green onions**
8 oz (250 g) **boneless skinless chicken thighs**
8 oz (250 g) **chicken livers** or boneless skinless chicken thighs

QUICK TERIYAKI SAUCE:
½ cup (125 mL) **soy sauce**
⅓ cup (75 mL) **mirin**
2 tbsp (30 mL) **granulated sugar**
2 tbsp (30 mL) **sake** (optional)
2 slices **gingerroot**
1 tbsp (15 mL) **cornstarch**

QUICK TERIYAKI SAUCE: In saucepan, bring soy sauce, mirin, sugar, sake (if using), ginger and ¾ cup (175 mL) water to boil. Reduce heat and simmer until reduced to about 1 cup (250 mL), about 10 minutes.

Whisk 2 tbsp (30 mL) cold water with cornstarch; add to pan and cook, stirring, until thickened. Discard ginger. Let cool.

Meanwhile, cut onions into 1½-inch (4 cm) pieces. Cut chicken thighs into bite-size pieces. Alternately thread chicken and half of the onions onto 4 greased or soaked wooden skewers. Repeat with livers and remaining onions.

Place skewers on greased grill over medium-high heat; close lid and grill, turning halfway through and brushing with about half of the teriyaki sauce, until juices run clear when chicken is pierced, about 8 minutes for thighs and 4 minutes for livers. Brush with more teriyaki sauce if desired.

PER SERVING: about 178 cal, 22 g pro, 5 g total fat (2 g sat. fat), 8 g carb, 1 g fibre, 306 mg chol, 963 mg sodium, 268 mg potassium. % RDI: 3% calcium, 34% iron, 209% vit A, 15% vit C, 155% folate. »

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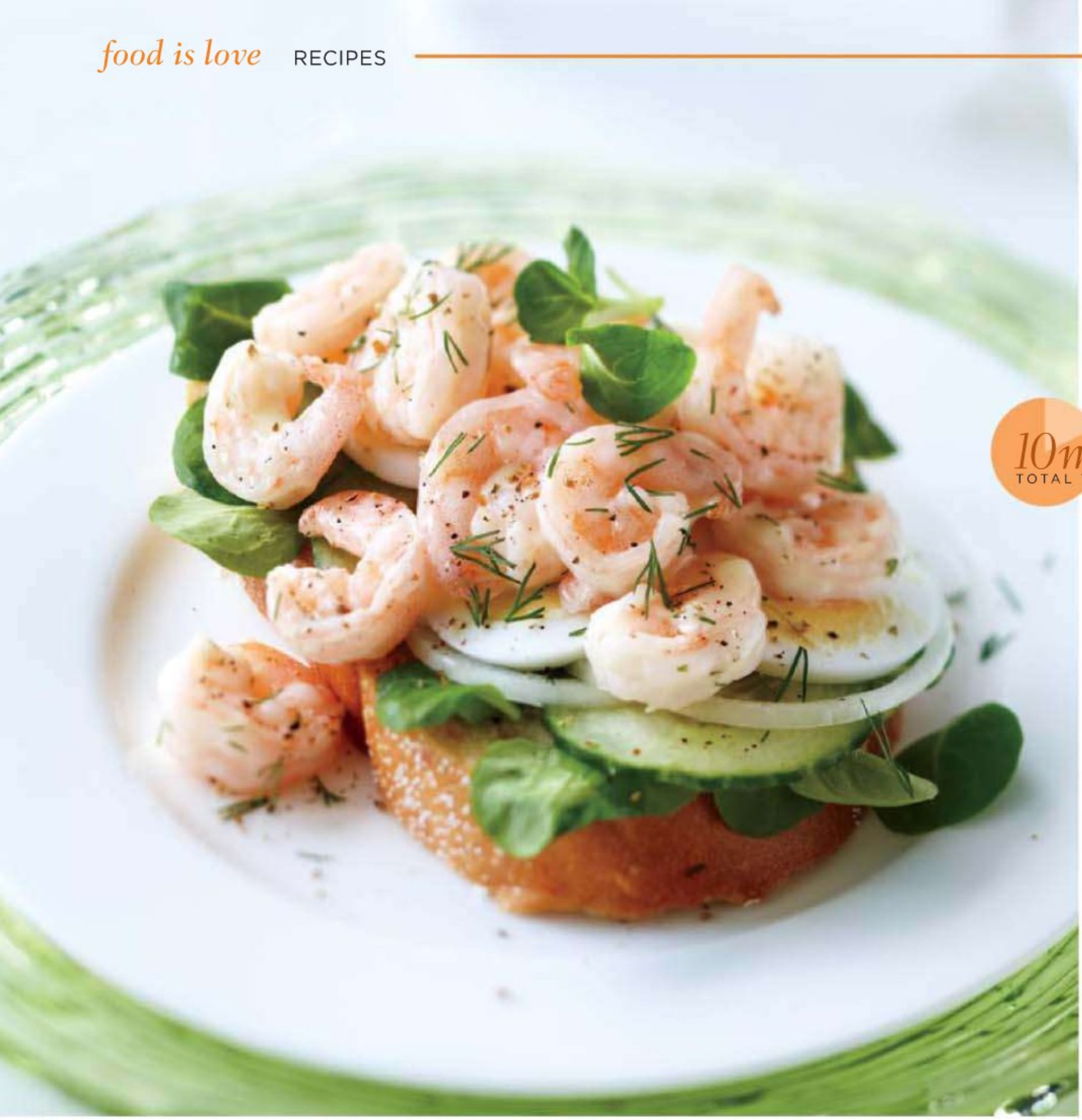

Open-Faced Shrimp-and-Egg Sandwiches

Prep: 10 minutes **Makes:** 4 servings

2 tbsp (30 mL) **butter**
8 slices **white bread**
8 leaves **red leaf lettuce**
32 thin slices **English cucumber**
8 hard-cooked **eggs,** sliced
¼ tsp (1 mL) each **salt** and **pepper**
16 thin slices **sweet white onion**

SHRIMP SALAD:
12 oz (340 g) thawed **cooked peeled cold-water shrimp**
2 tbsp (30 mL) **mayonnaise**
1 tbsp (15 mL) minced **fresh dill**
1 tbsp (15 mL) **lemon juice**
Pinch **pepper**

SHRIMP SALAD: In bowl, combine shrimp, mayonnaise, dill, lemon juice and pepper; set aside.

Butter bread slices. Top each with lettuce, cucumber, eggs, salt, pepper, onion and shrimp salad.

PER SERVING: about 472 cal, 34 g pro, 24 g total fat (8 g sat. fat), 29 g carb, 2 g fibre, 556 mg chol, 783 mg sodium, 516 mg potassium. % RDI: 16% calcium, 42% iron, 31% vit A, 25% vit C, 59% folate. »

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Tofu Sesame Noodles

Prep: 10 minutes **Cook:** 10 minutes **Makes:** 4 servings

* Fried tofu cubes: Cut 8 oz (250 g) firm tofu into 1-inch (2.5 cm) cubes; toss with 2 tbsp (30 mL) cornstarch. Fry in 1 tbsp (15 mL) vegetable oil until golden.

8 oz (250 g) **linguine**
1 tsp (5 mL) **sesame oil**
1 cup (250 mL) julienned **carrot**
1 cup (250 mL) **frozen shelled edamame** (soy beans)
8 oz (250 g) **fresh spinach**
1 cup (250 mL) julienned **English cucumber**
Fried tofu cubes (see tip above)
Coriander leaves

SESAME SAUCE:
⅓ cup (75 mL) **tahini**
3 tbsp (45 mL) **hot water**
2 tbsp (30 mL) **balsamic vinegar**
2 tbsp (30 mL) **soy sauce**
1 tbsp (15 mL) **rice vinegar**
1 tbsp (15 mL) **sesame oil**
1½ tsp (7 mL) **granulated sugar**
1 large clove **garlic,** minced
Pinch **salt**

SESAME SAUCE: In bowl, combine tahini, hot water, balsamic vinegar, soy sauce, rice vinegar, sesame oil and sugar until smooth. Finely mince garlic with salt to make paste; stir into sauce.

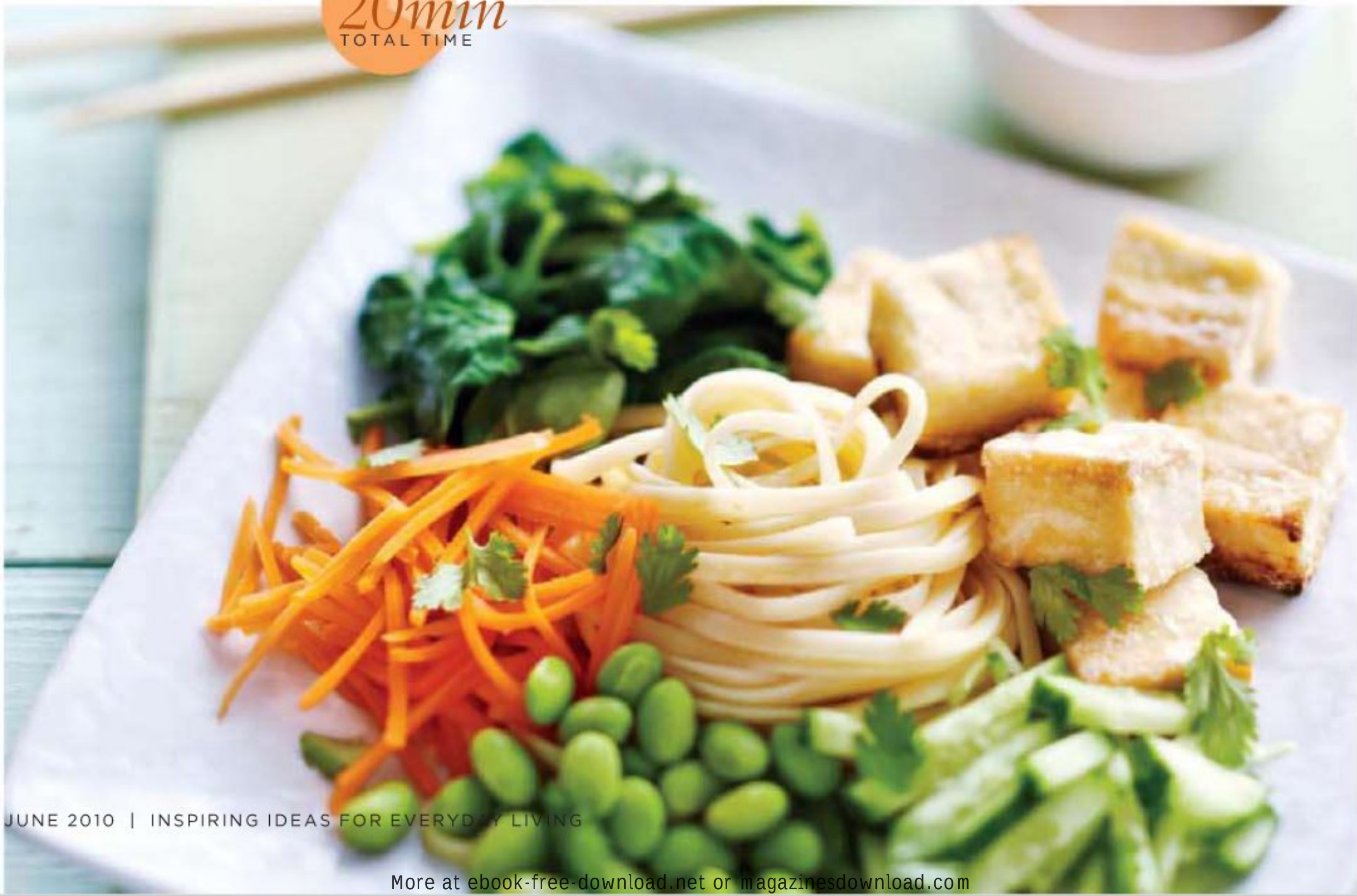
In large pot of boiling salted water, cook linguine according to package directions. Drain and chill under cold water; drain well. Toss with sesame oil; divide among 4 shallow noodle bowls.

Meanwhile, in small saucepan of boiling water, blanch carrot until tender-firm, about 1 minute. Remove with slotted spoon and chill under cold water; drain and pat dry. Repeat with edamame. Repeat with spinach; coarsely chop spinach.

Arrange carrot, edamame, spinach, cucumber and tofu in piles around noodles. Serve with sauce. Garnish with coriander.

PER SERVING: about 477 cal, 20 g pro, 18 g total fat (3 g sat. fat), 61 g carb, 8 g fibre, 0 mg chol, 716 mg sodium, 707 mg potassium. % RDI: 23% calcium, 48% iron, 106% vit A, 20% vit C, 145% folate. ■

20min TOTAL TIME



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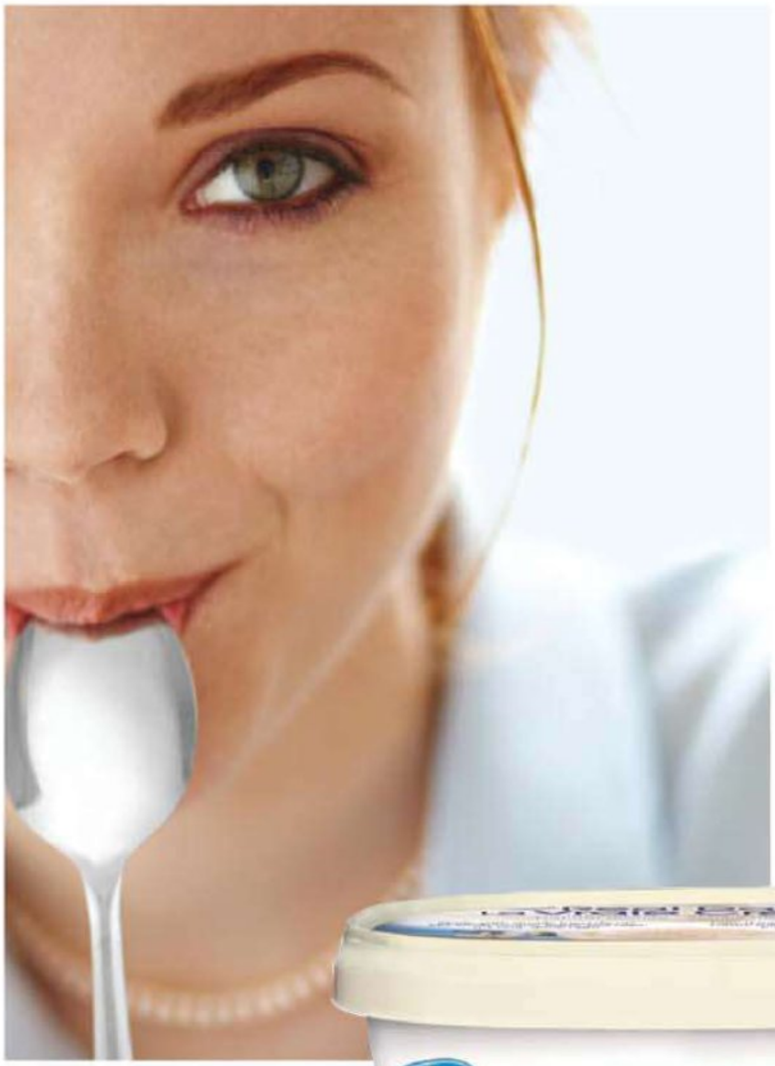

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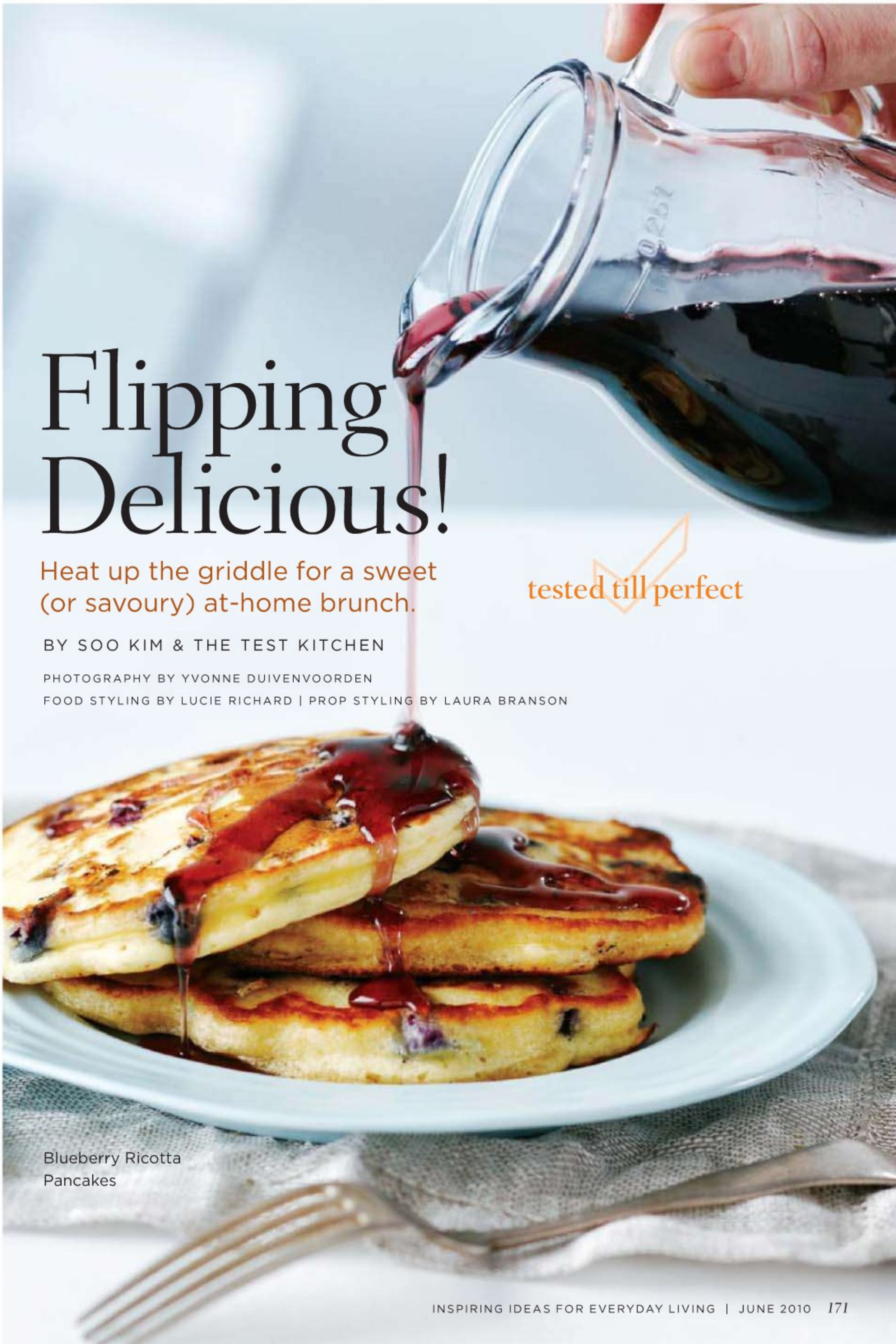

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Blueberry Ricotta Pancakes

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Bacon Cheddar Cornmeal Waffles

Bacon Cheddar Cornmeal Waffles

Prep: 7 minutes **Stand:** 10 minutes
Cook: 25 minutes
Makes: 6 large waffles

✱ Serve with scrambled eggs, and roast some cherry tomatoes by sprinkling them with a little extra-virgin olive oil, salt and pepper and cooking in 425°F (220°C) oven until softened, about 30 minutes.

1½ cups (375 mL) **all-purpose flour**
¾ cup (175 mL) **cornmeal**
1 tbsp (15 mL) **granulated sugar**
2½ tsp (12 mL) **baking powder**
½ tsp (2 mL) **baking soda**
¼ tsp (1 mL) **salt**
1 cup (250 mL) shredded **aged Cheddar cheese**
6 slices **bacon,** cooked and crumbled
1 **green onion,** finely chopped
3 **eggs**
2¼ cups (550 mL) **buttermilk**
¼ cup (60 mL) **unsalted butter,** melted
2 tbsp (30 mL) **vegetable oil**

In large bowl, whisk together flour, cornmeal, sugar, baking powder, baking soda and salt. Stir in cheese, bacon and green onion.

In separate bowl, whisk together eggs, buttermilk and butter; pour over flour mixture and stir just until combined. Let stand for 10 minutes.

Heat waffle iron; brush with some of the oil. Using about ½ cup (125 mL) batter per waffle (or enough to spread to edges), pour onto waffle iron. Close lid and cook until crisp, golden and steam stops, about 4 minutes.

PER WAFFLE: about 496 cal, 19 g pro, 26 g total fat (12 g sat. fat), 46 g carb, 2 g fibre, 147 mg chol, 689 mg sodium, 324 mg potassium. % RDI: 31% calcium, 16% iron, 18% vit A, 2% vit C, 53% folate. »

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SWITCH IT UP

Bacon Cheddar Cornmeal Pancakes

Lightly brush large nonstick skillet with oil; heat over medium heat. Pour in about ¼ cup (60 mL) batter for each pancake, brushing skillet with remaining oil as necessary; cook until underside is golden and bubbles break on top but do not fill in, about 2 minutes. Turn and cook until underside is golden, 30 to 60 seconds.

Blueberry Ricotta Pancakes

Prep: 10 minutes
Cook: 20 minutes
Makes: 16 pancakes

✱ If using regular ricotta, press through fine strainer before using.

1½ cups (375 mL) **all-purpose flour**
3 tbsp (45 mL) **granulated sugar**
1 tsp (5 mL) **baking soda**
¼ tsp (1 mL) **baking powder**
¼ tsp (1 mL) **salt**
¾ cup (175 mL) extra-smooth **ricotta cheese**
1 **egg**
1 cup (250 mL) **milk**
¼ cup (60 mL) **unsalted butter,** melted
1½ tsp (7 mL) finely grated **lemon rind**
3 tbsp (45 mL) **lemon juice**
1 cup (250 mL) **fresh blueberries**
2 tbsp (30 mL) **vegetable oil**

In large bowl, whisk together flour, sugar, baking soda, baking powder and salt.

Place ricotta in bowl; whisk in egg, milk, butter, lemon rind and lemon juice; pour over dry ingredients, stirring just until moistened. Fold in blueberries.

Heat large nonstick skillet over medium heat; brush with some of the oil. Pour in about ¼ cup (60 mL) batter for each pancake, brushing skillet with remaining oil as necessary; cook until underside is golden and bubbles break on top but do not fill in, about 2 minutes. Turn and cook until underside is golden, 30 to 60 seconds.

PER PANCAKE: about 131 cal, 4 g pro, 7 g total fat (3 g sat. fat), 14 g carb, 1 g fibre, 26 mg chol, 140 mg sodium, 63 mg potassium. % RDI: 4% calcium, 5% iron, 5% vit A, 3% vit C, 13% folate.

Upside-Down Apple Pancakes

Prep: 10 minutes **Stand:** 10 minutes
Cook: 30 minutes
Makes: 5 pancakes

2 cups (500 mL) **all-purpose flour**
3 tbsp (45 mL) packed **light brown sugar**
1 tbsp (15 mL) **baking powder**
¼ tsp (1 mL) **baking soda**
¼ tsp (1 mL) **salt**
2 cups (500 mL) **buttermilk**
2 **eggs**
3 tbsp (45 mL) **unsalted butter,** melted
½ tsp (2 mL) **vanilla**
2 tbsp (30 mL) **vegetable oil**

APPLES:

3 **Granny Smith apples**
3 tbsp (45 mL) packed **light brown sugar**
¾ tsp (4 mL) **cinnamon**
¼ tsp (1 mL) **salt**
Pinch **allspice**
2 tbsp (30 mL) **unsalted butter**

In bowl, whisk together flour, brown sugar, baking powder, baking soda and salt. In separate bowl, whisk together buttermilk, eggs, butter and vanilla; pour over dry ingredients and stir just until combined. Let stand for 10 minutes.

APPLES: Meanwhile, peel, core and slice apples into sixteenths; transfer to bowl. Sprinkle with brown sugar, cinnamon, salt and allspice. In 9-inch (23 cm) nonstick skillet, melt butter over medium heat; cook apple

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mixture, stirring often, until tender, about 5 minutes. Transfer to plate; let cool.

Wash skillet. Heat over medium heat; brush with some of the oil. Pour in about ¾ cup (175 mL) batter; spread to make 7-inch (18 cm) pancake. Top with some of the apple mixture, pressing slightly. Cook until underside is golden and bubbles break on top but do not fill in, about 3 minutes. Slide onto plate; invert back into pan and cook until underside is golden, 60 to 90 seconds. Repeat with remaining batter.

PER PANCAKE: about 519 cal, 12 g pro, 22 g total fat (10 g sat. fat), 71 g carb, 3 g fibre, 113 mg chol, 589 mg sodium, 391 mg potassium. % RDI: 24% calcium, 23% iron, 15% vit A, 5% vit C, 53% folate.

Sunny-Side-Up Ham-and-Egg Crêpes

Prep: 10 minutes **Stand:** 10 minutes
Cook: 20 minutes
Makes: 8 crepes

✱ Assemble these crêpes up to 1 hour ahead and bake just before serving.

4 tsp (20 mL) **butter**
8 **eggs**
8 thin slices **ham**
½ cup (125 mL) finely shredded **Gruyère cheese**

CRÊPES:
1½ cups (375 mL) **all-purpose flour**
½ tsp (2 mL) **salt**
2 **eggs**
1 cup (250 mL) **water**
¾ cup (175 mL) **milk**
¼ cup (60 mL) **unsalted butter,** melted
2 tbsp (30 mL) **vegetable oil**

CRÊPES: In bowl, whisk flour with salt. In separate bowl, whisk together eggs, water, milk and butter; pour over dry ingredients and whisk until smooth. Strain to remove any lumps. Let stand for 10 minutes.

Heat 9-inch (23 cm) nonstick skillet over medium heat; brush with some of the oil. Pour generous ⅓ cup (75 mL) batter into centre of pan, swirling to coat with thin layer; cook, turning once, until golden brown, about 2 minutes. Transfer to plate. Repeat with remaining batter. Set aside.

In skillet, melt butter over medium heat; fry eggs, in batches, just until whites are set.

Place crêpes on 2 greased baking sheets. Top each with ham, egg and cheese. Fold and press edge of each crêpe toward centre, leaving egg uncovered. Bake in 450°F (230°C) oven until hot throughout, about 5 minutes.

PER CRÊPE: about 337 cal, 17 g pro, 21 g total fat (9 g sat. fat), 20 g carb, 1 g fibre, 273 mg chol, 500 mg sodium, 218 mg potassium. % RDI: 13% calcium, 14% iron, 19% vit A, 37% folate.

Whole Wheat Pecan Waffles

Prep: 7 minutes **Stand:** 10 minutes
Cook: 30 minutes
Makes: 8 large waffles

1 cup (250 mL) **all-purpose flour**
1 cup (250 mL) chopped **pecans**
¾ cup (175 mL) **whole wheat flour**
2 tbsp (30 mL) **granulated sugar**
2 tsp (10 mL) **baking powder**
½ tsp (2 mL) **baking soda**
½ tsp (2 mL) **cinnamon**
¼ tsp (1 mL) **salt**
Pinch **nutmeg**
1¼ cups (300 mL) **buttermilk**
2 **eggs,** separated
¼ cup (60 mL) **unsalted butter,** melted
⅓ cup (75 mL) **vegetable oil**
½ tsp (2 mL) **vanilla** (optional)

In bowl, whisk together all-purpose flour, ¾ cup (175 mL) of the pecans, whole wheat flour, sugar, baking powder, baking soda, cinnamon, salt and nutmeg. »

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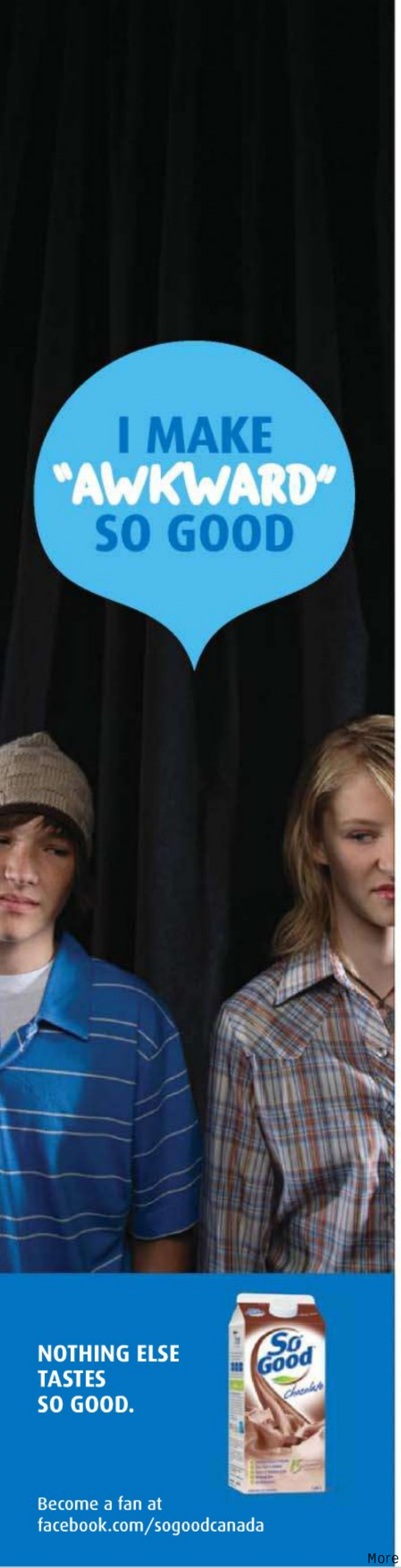

In another bowl, whisk together buttermilk, egg yolks, butter, ¼ cup (60 mL) of the oil, and vanilla (if using); pour over dry ingredients and stir just until combined. Let stand for 10 minutes.

In separate bowl, beat egg whites until stiff peaks form; fold into batter.

Heat waffle iron; brush with remaining oil. Using about ½ cup (125 mL) batter per waffle (or enough to spread to edges), pour onto waffle iron. Close lid and cook until crisp, golden and steam stops, about 4 minutes. Serve sprinkled with remaining pecans.

PER WAFFLE: about 374 cal, 8 g pro, 27 g total fat (6 g sat. fat), 28 g carb, 3 g fibre, 65 mg chol, 276 mg sodium, 207 mg potassium. % RDI: 10% calcium, 13% iron, 8% vit A, 2% vit C, 21% folate.

SWITCH IT UP

Whole Wheat Pecan Pancakes

Do not separate eggs; beat with milk and melted butter. Omit oil in batter.

Lightly brush large nonstick skillet with oil; heat over medium heat. Pour in about ¼ cup (60 mL) batter for each pancake, brushing skillet with remaining oil as necessary; cook until underside is golden and bubbles break on top but do not fill in, about 2 minutes. Turn and cook until underside is golden, 30 to 60 seconds. Top with remaining pecans.

Blueberry Maple Syrup

Prep: 5 minutes
Cook: 5 minutes
Makes: ¾ cup (175 mL)

1 cup (250 mL) fresh or thawed **blueberries**
½ cup (125 mL) **maple syrup**
1 tsp (5 mL) **lemon juice**

In small saucepan, bring blueberries and maple syrup to boil; reduce heat and simmer until berries break up, about 5 minutes.

Stir in lemon juice; push through fine sieve or cheesecloth-lined sieve. Serve warm or refrigerate for up to 1 month.

PER 1 TBSP (15 ML): about 40 cal, trace pro, trace total fat (0 g sat. fat), 10 g carb, trace fibre, 0 mg chol, 1 mg sodium, 34 mg potassium. % RDI: 1% calcium, 1% iron.

Strawberry Rhubarb Sauce

Prep: 5 minutes
Cook: 5 minutes
Makes: 2¼ cups (550 mL)

2 cups (500 mL) cut fresh or thawed **rhubarb** (½-inch/2 cm pieces)
¼ cup (60 mL) **granulated sugar**
2 tbsp (30 mL) **orange juice**
1¾ cups (425 mL) sliced **strawberries**

In saucepan, bring rhubarb, sugar and orange juice to simmer; cook, stirring, until slightly tender, 2 to 3 minutes. Stir in strawberries; cook until softened, about 2 minutes. Let cool.

PER ¼ CUP (60 ML): about 39 cal, 1 g pro, trace total fat (0 g sat. fat), 10 g carb, 1 g fibre, 0 mg chol, 1 mg sodium, 126 mg potassium. % RDI: 3% calcium, 1% iron, 27% vit C, 3% folate.

Yogurt Cheese with Honey

Prep: 5 minutes **Stand:** 2 hours
Makes: 1 cup (250 mL)

1½ cups (375 mL) **Balkan-style plain yogurt**
4 tsp (20 mL) **liquid honey**

Line sieve with 2 layers of cheesecloth or 1 layer of paper towel. Pour in yogurt; let stand to drain and reduce to about 1 cup (250 mL), about 2 hours. For thicker consistency, drain in refrigerator for up to 24 hours. Stir in honey.

PER 1 TBSP (15 ML): about 26 cal, 1 g pro, 1 g total fat (1 g sat. fat), 3 g carb, 0 g fibre, 4 mg chol, 7 mg sodium, 30 mg potassium. % RDI: 3% calcium, 1% vit A. ■

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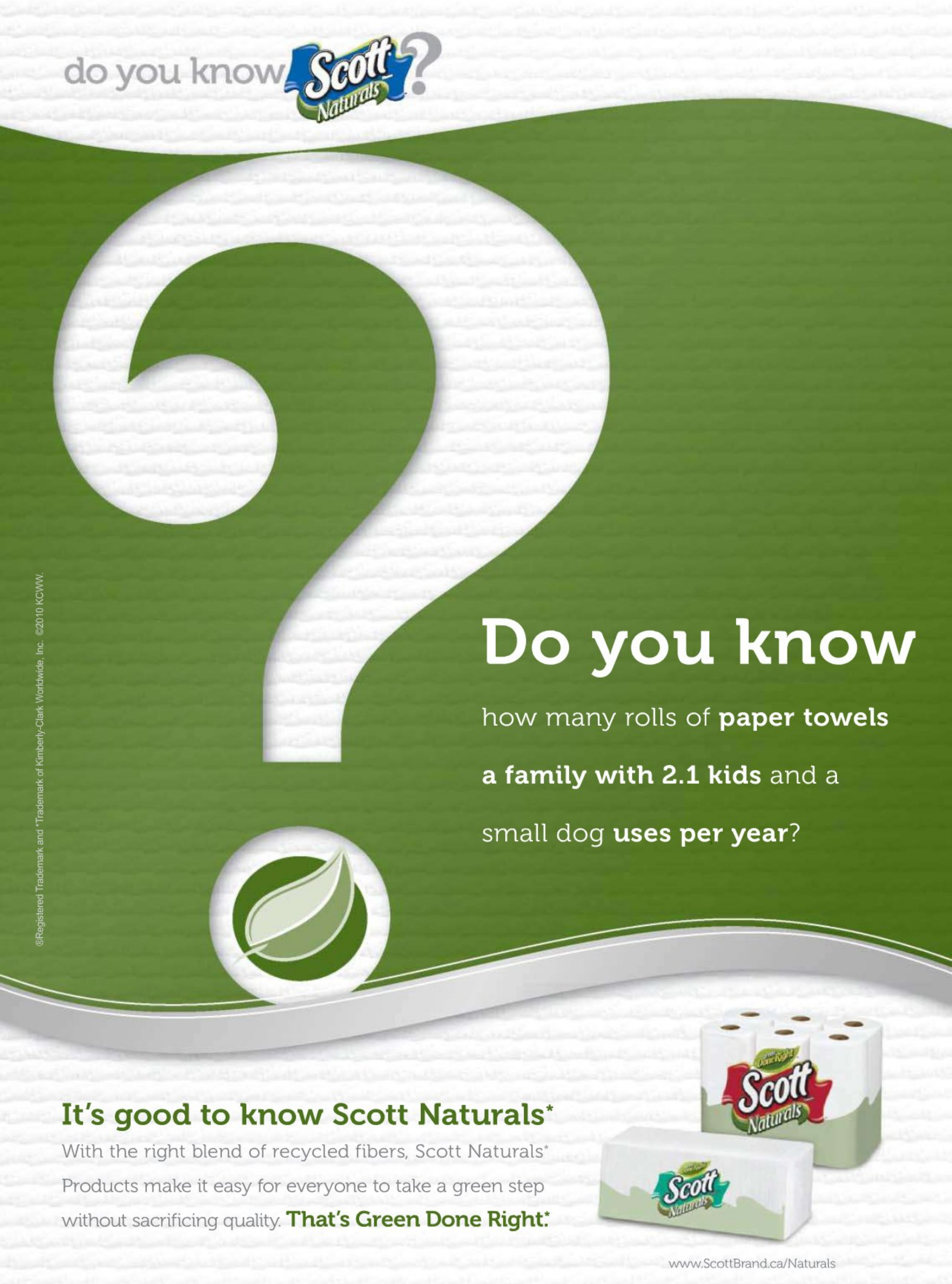

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Mediterranean Barley Rice Salad and Green Bean, Mushroom and Fennel Salad

Salads to Go!

So long, same old predictable greens in a bowl. Take one of these imaginative salads to your next potluck.

BY SOO KIM & THE TEST KITCHEN

PHOTOGRAPHY BY YVONNE DUIVENVOORDEN

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Green Bean, Mushroom and Fennel Salad

Prep: 15 minutes **Stand:** 15 minutes **Cook:** 3 minutes **Makes:** 12 servings (8 cups/2 L)

⅓ cup (75 mL) **extra-virgin olive oil**
¼ cup (60 mL) **lemon juice**
3 tbsp (45 mL) chopped **fresh dill**
1 clove **garlic,** minced
¾ tsp (4 mL) **salt**
¼ tsp (1 mL) **pepper**
1 lb (500 g) **small cremini mushrooms,** quartered
1 lb (500 g) **green beans,** trimmed
Half **fennel bulb,** thinly sliced

In large bowl, whisk together oil, lemon juice, dill, garlic, salt and pepper. Add mushrooms and toss to coat. Let stand for 15 minutes, stirring occasionally.

Meanwhile, halve green beans diagonally. Blanch in saucepan of boiling water until tender-crisp, 3 to 5 minutes. Drain and cool in ice bath. Drain well and pat dry with towel.

Add beans and fennel to mushrooms; toss to coat well. Serve immediately or refrigerate for up to 4 hours.

PER SERVING: about 76 cal, 2 g pro, 6 g total fat (1 g sat. fat), 5 g carb, 2 g fibre, 0 mg chol, 152 mg sodium, 262 mg potassium. % RDI: 2% calcium, 4% iron, 2% vit A, 10% vit C, 9% folate.

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Mediterranean Barley Rice Salad

Prep: 12 minutes **Cook:** 20 minutes **Chill:** 30 minutes **Makes:** 12 to 16 servings (12 cups/3 L)

1 cup (250 mL) **pearl barley,** rinsed
1 cup (250 mL) **basmati rice,** rinsed
3 cups (750 mL) **cherry tomatoes**
Half large **red onion**
1 **sweet red pepper**
1 **English cucumber**
4 cups (1 L) **baby spinach,** coarsely chopped
1 pkg (200 g) **feta cheese,** crumbled

DRESSING:
½ cup (125 mL) **extra-virgin olive oil**
½ cup (125 mL) **lemon juice**
1 tsp (5 mL) **dried oregano**
1 tsp (5 mL) **salt**
½ tsp (2 mL) **pepper**

In saucepan of boiling salted water, cook barley until tender, about 20 minutes. Drain and rinse under cold water; drain well. Let stand for 10 minutes to dry. Transfer to large bowl.

Meanwhile, in separate saucepan, bring 1½ cups (375 mL) salted water to boil. Add rice; cover, reduce heat and simmer until tender and no liquid remains, about 15 minutes. Let stand for 5 minutes. Add to barley mixture; let cool.

Cut tomatoes in half; add to barley mixture. Cut onion, red pepper and cucumber into 1-inch (2.5 cm) chunks; add to barley, tossing to combine.

DRESSING: In large bowl, whisk together oil, lemon juice, oregano, salt and pepper; pour over salad and toss to coat. Refrigerate for 30 minutes or for up to 24 hours.

To serve, stir in spinach and feta cheese.

PER EACH OF 16 SERVINGS: about 197 cal, 4 g pro, 10 g total fat (3 g sat. fat), 24 g carb, 2 g fibre, 12 mg chol, 554 mg sodium, 234 mg potassium. % RDI: 8% calcium, 8% iron, 14% vit A, 38% vit C, 16% folate. »

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Grilled Vegetable and Israeli Couscous Salad

Prep: 15 minutes
Cook: 15 minutes **Stand:** 1 hour
Makes: 12 servings (8 cups/2 L)

* Israeli couscous is much larger and more pastalike than instant couscous. If you can't find it, use a small pasta, such as orzo, ditalini, acini di pepe or small shells.

- 2 cups (500 mL) **Israeli couscous**
- 1 **eggplant**
- 1¼ tsp (6 mL) **salt**
- 2 **zucchini**
- 1 small **red onion**
- 3 **portobello mushroom caps**
- 2 cloves **garlic**
- ½ cup (125 mL) **extra-virgin olive oil**
- ¼ cup (60 mL) **sherry vinegar**
- ¼ tsp (1 mL) **granulated sugar**
- ¼ tsp (1 mL) **pepper**
- ⅓ cup (75 mL) chopped **fresh parsley**

In saucepan of boiling salted water, cook couscous until tender but firm, about 8 minutes. Drain and rinse under cold water; drain well. Transfer to large bowl.

Meanwhile, slice eggplant. Toss with ¼ tsp (1 mL) of the salt; let drain in colander for 10 minutes. Pat dry with paper towel.

Meanwhile, slice zucchini lengthwise. Slice red onion crosswise into ½-inch (1 cm) thick rounds. Using spoon, remove gills from mushroom caps.

Finely mince garlic with pinch of the remaining salt. In small bowl, combine garlic, oil, vinegar, sugar, pepper and remaining salt. Lightly brush some over eggplant, zucchini, onion and mushrooms.

Place vegetables on greased grill over medium heat; close lid and grill, turning often, until tender, 7 to 10 minutes. Cut into 1-inch (2.5 cm) pieces; add to couscous.

Add remaining oil mixture and parsley; toss to coat. Let stand for 1 hour or refrigerate for up to 24 hours.

PER SERVING: about 212 cal, 5 g pro, 10 g total fat (1 g sat. fat), 27 g carb, 3 g fibre, 0 mg chol, 226 mg sodium, 346 mg potassium. % RDI: 2% calcium, 6% iron, 5% vit A, 8% vit C, 15% folate.

Carrot and Peanut Salad

Prep: 15 minutes
Stand: 10 minutes
Makes: 8 to 10 servings (6 cups/1.5 L)

* If taking this salad to a potluck, it's best to dress it just before leaving or once you arrive. Because of the peanuts, it's a good idea to check with the hostess about food allergies.

- ¼ cup (60 mL) **peanut oil** or vegetable oil
- 3 tbsp (45 mL) **lime juice**
- 2 tbsp (30 mL) **fish sauce**
- 1 tbsp (15 mL) **granulated sugar**
- 1 tbsp (15 mL) **rice vinegar**
- 1 to 3 **Thai (bird's eye) peppers,** minced (or 1 jalapeño pepper, seeded and minced)
- 1 clove **garlic,** minced
- ½ tsp (2 mL) **salt**
- 6 cups (1.5 L) shredded **carrots**
- 1¼ cups (300 mL) thinly sliced **radishes**
- ¾ cup (175 mL) **unsalted roasted peanuts,** coarsely chopped
- ⅓ cup (75 mL) chopped **fresh coriander**

In large bowl, whisk together oil, lime juice, fish sauce, sugar, vinegar, Thai pepper, garlic and salt.

Add carrots, radishes, peanuts and coriander; toss to coat. Let stand for 10 minutes; gently squeeze and drain liquid. Serve immediately or cover and refrigerate for up to 2 hours.

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PER EACH OF 10 SERVINGS: about 144 cal, 4 g pro, 11 g total fat (2 g sat. fat), 11 g carb, 3 g fibre, 0 mg chol, 440 mg sodium, 333 mg potassium. % RDI: 3% calcium, 3% iron, 80% vit A, 14% vit C, 14% folate.

Puttanesca Potato Salad

Prep: 15 minutes
Cook: 10 minutes **Stand:** 2 hours
Makes: 12 servings (8 cups/2 L)

- 3 lb (1.5 kg) **mini red potatoes,** quartered
- ⅓ cup (75 mL) **extra-virgin olive oil**
- 1 cup (250 mL) finely chopped **onion**
- 3 cloves **garlic,** minced
- 1 tsp (5 mL) **hot pepper flakes**
- ½ tsp (2 mL) **dried oregano**
- 4 **anchovy fillets,** finely chopped
- ½ cup (125 mL) thinly sliced **oil-packed sun-dried tomatoes**
- ½ cup (125 mL) chopped pitted **oil-cured olives**
- 3 tbsp (45 mL) **capers,** drained, rinsed and chopped
- ⅓ cup (75 mL) **white wine vinegar**
- ⅓ cup (75 mL) chopped **fresh parsley**

In large pot of boiling salted water, cook potatoes until fork-tender, about 10 minutes. Drain and place in large bowl.

Meanwhile, in large skillet, heat oil over medium heat; cook onion until golden, about 8 minutes.

Stir in garlic, hot pepper flakes, oregano and anchovies; cook, stirring, until fragrant and garlic is browned.

Stir in sun-dried tomatoes, olives and capers; cook for 1 minute. Stir in vinegar until heated through, scraping up browned bits. Pour over potatoes. Add parsley; toss to coat. Let stand for 2 hours or cover and refrigerate for up to 24 hours.

PER SERVING: about 176 cal, 3 g pro, 9 g total fat (1 g sat. fat), 22 g carb, 3 g fibre, 1 mg chol, 542 mg sodium, 584 mg potassium. % RDI: 3% calcium, 10% iron, 3% vit A, 40% vit C, 10% folate.

Tangy Macaroni Salad

Prep: 10 minutes **Stand:** 10 minutes
Cook: 8 minutes **Chill:** 1 hour
Makes: 12 servings (8 cups/2 L)

- 4 cups (1 L) **elbow macaroni**
- 1 cup (250 mL) diced **celery**
- ¼ cup (60 mL) chopped **pimiento pepper**

DRESSING:

- ½ cup (125 mL) finely chopped **shallots** or green onions
- ¼ cup (60 mL) **white wine vinegar**
- ¾ tsp (4 mL) **salt**
- ⅔ cup (150 mL) **mayonnaise**
- 1 tbsp (15 mL) **granulated sugar**
- 2 tsp (10 mL) **Dijon mustard**
- ¼ tsp (1 mL) **pepper**

DRESSING: In large bowl, combine shallots, vinegar and salt; let stand for 10 minutes. Stir in mayonnaise, sugar, mustard and pepper.

Meanwhile, in large pot of boiling salted water, cook pasta until al dente, 8 to 10 minutes. Drain and rinse under cold water; drain well. Add to dressing.

Add celery and pimiento pepper; toss to coat evenly. Cover and refrigerate for 1 hour or for up to 24 hours.

PER SERVING: about 230 cal, 5 g pro, 10 g total fat (2 g sat. fat), 29 g carb, 2 g fibre, 5 mg chol, 325 mg sodium, 90 mg potassium. % RDI: 2% calcium, 11% iron, 3% vit A, 10% vit C, 35% folate. ■

Secret #14:
how to get sparkling,
scratch-free
pots and pans.

To remove caked-on messes from stainless, non-stick and other cookware, soak in water and ARM & HAMMER® Baking Soda. Then sprinkle Baking Soda on your sponge to wipe away. You'll have cleaner, scratch-free cookware for pennies a wash.

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Brought to you by Janet & Greta Podleski, authors of the #1 best-selling cookbook *Eat, Shrink & Be Merry.*

Nothing enhances a meal or snack like the delicious goodness of **Dempster's® BodyWise™** – products that deliver on good taste, nutrition and portion size, so it's easy to eat healthy and manage your weight.

Tasty tips from Dempster's® BodyWise™

- Cut a Dempster's® BodyWise™ tortilla into wedges and bake at 180°C (350°F) for about 5 minutes – team it up with your favourite light dip.
- Make your own croutons! Slice Dempster's® BodyWise™ Multigrain bread into cubes, drizzle with olive oil and sprinkle with Italian herbs. Then bake at 180°C (350°F) for about 15 minutes.
- Enjoy a toasted Dempster's® BodyWise™ English muffin as the base for delicious homemade bruschetta.

*Dempster's® BodyWise™ White Loaf with Whole Grain is a blend of enriched wheat flour and whole grain whole wheat flour including the germ.

Open-Faced Turkey Cheese Melt

Created by Dempster's; approved by Janet & Greta

Dempster's Body Wise.

1 serving
265 calories
11 g fat
Preparation: 5 minutes
Cooking: 5-7 minutes

Ingredients:

2 slices DEMPSTER'S® BodyWise™ Whole Wheat Bread, lightly toasted
2 tbsp (30 ml) light cream cheese spread
2 thin slices (40 g) Schneiders® Fat Free Turkey Breast
2 slices tomato
2 tbsp (30 ml) shredded partly skimmed mozzarella
Freshly ground pepper to taste
Oregano to taste

PREHEAT toaster oven or broiler.
PLACE lightly toasted bread slices on a cookie sheet or ovenproof plate.
SPREAD each slice of bread with cream cheese, cover with a slice of turkey and a slice of tomato.
SPRINKLE with mozzarella, pepper and oregano.
Broil sandwiches 5 to 7 minutes or until cheese melts.

For a change:

Try cream cheese flavoured with garden vegetables or herbs and garlic. Cut into triangles and serve as an appetizer at a brunch or cocktail party.

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Dinner on a Budget

Lean, delicious pork makes an excellent meal any night of the week.

BY THE TEST KITCHEN
PHOTOGRAPHY BY YVONNE DUIVENVOORDEN
FOOD STYLING BY LUCIE RICHARD
PROP STYLING BY LAURA BRANSON

It won't take long to turn these ingredients into a wonderful Pork Souvlaki.

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WHAT'S FOR DINNER? tonight

JUNE RECIPE:

Juicy Burgers

Prep Time: 10 minutes
Cook Time: 10 minutes
Serves: 6

WHAT YOU NEED:

1 pkg Knorr® Lipton® Onion Soup Mix
1–1½ lbs Lean ground beef

HOW YOU MAKE IT:

Step 1

Thoroughly combine Knorr® Lipton® Onion Soup Mix and lean ground beef in a medium bowl.

Step 2

Shape into 6 patties, about 1-inch thick

Step 3

Grill or broil patties, turning once, for about 10 minutes or until done. Garnish with your favourite fresh toppings and enjoy!

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to discover how our family of products can help make more of your mealtimes

Sicilian Stuffed Pork Tenderloin

Prep: 20 minutes **Chill:** 30 minutes
Cook: 65 minutes
Makes: 4 to 6 servings
Cost: $3.14 per each of 6 servings

1½ lb (750 g) **pork tenderloins**
2 tbsp (30 mL) each **Dijon mustard** and **liquid honey**
1 tbsp (15 mL) **extra-virgin olive oil**
¼ tsp (1 mL) each **salt** and **pepper**

STUFFING:
2 tbsp (30 mL) **butter**
3 **onions,** thinly sliced
¼ cup (60 mL) **dried currants**
1 tbsp (15 mL) **balsamic vinegar**
¼ tsp (1 mL) each **salt** and **pepper**
⅓ cup (75 mL) **fresh bread crumbs**
¼ cup (60 mL) toasted **pine nuts**
3 tbsp (45 mL) chopped **fresh parsley**
1 tsp (5 mL) grated **orange rind**
1 tbsp (15 mL) **orange juice**

STUFFING: In skillet, melt butter over medium-low heat; fry onions, stirring occasionally, until deep golden, about 20 minutes.

Stir in currants, vinegar, salt and pepper; cook for 5 minutes. Remove from heat. Stir in bread crumbs, pine nuts, parsley, and orange rind and juice; set aside.

Starting at thick end of each tenderloin, insert handle of wooden spoon lengthwise through centre, almost but not all the way through, to make pockets. Fill with stuffing, using handle to gently push stuffing evenly into pockets. Refrigerate for 30 minutes or for up to 24 hours. Place on greased baking sheet.

In small bowl, combine mustard, honey, oil, salt and pepper; brush over pork. Roast in 400°F (200°C) oven until juices run clear when pork is pierced and just a hint of pink remains inside, about 40 minutes. Transfer to cutting board; tent with foil and let stand for 10 minutes before carving.

PER EACH OF 6 SERVINGS: about 298 cal, 30 g pro, 13 g total fat (4 g sat. fat), 15 g carb, 2 g fibre, 73 mg chol, 363 mg sodium. % RDI: 3% calcium, 18% iron, 5% vit A, 22% vit C, 10% folate.

Pork and Pepper Stir-Fry

Prep: 10 minutes **Stand:** 20 minutes
Cook: 5 minutes
Makes: 4 servings
Cost: $2.73 per serving

1 lb (500 g) **pork tenderloin**
1 tbsp (15 mL) **cornstarch**
1 tbsp (15 mL) **soy sauce**
2 cloves **garlic,** minced
2 tsp (10 mL) **sesame oil**
1 tsp (5 mL) grated **gingerroot**
Pinch **pepper**
2 tbsp (30 mL) **vegetable oil**
1 large **white onion,** sliced
1 each **sweet red** and **green pepper,** sliced
¼ cup (60 mL) **sodium-reduced beef broth**
2 tbsp (30 mL) **oyster sauce**
¼ cup (60 mL) chopped **fresh coriander**

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Pork Souvlaki

Thinly slice pork across grain into strips. In bowl, toss together pork, cornstarch, soy sauce, garlic, 1 tsp (5 mL) of the sesame oil, ginger and pepper; let stand for 20 minutes.

In wok or large skillet, heat vegetable oil over high heat; stir-fry pork mixture, in batches, until slightly browned, about 1 minute. Transfer to plate.

Add onion and red and green peppers to pan; stir-fry until onion is softened, about 3 minutes.

Return pork and accumulated juices to pan. Stir in broth and oyster sauce; cook until thickened, about 1 minute. Stir in remaining sesame oil. Garnish with coriander.

PER SERVING: about 317 cal, 27 g pro, 16 g total fat (3 g sat. fat), 16 g carb, 2 g fibre, 66 mg chol, 600 mg sodium. % RDI: 5% calcium, 11% iron, 13% vit A, 125% vit C, 13% folate.

Pork Souvlaki

Prep: 12 minutes **Stand:** 10 minutes
Cook: 12 minutes
Makes: 4 servings
Cost: $4.08 per serving

- 1½ lb (750 g) **pork tenderloins**
- 2 tbsp (30 mL) **lemon juice**
- 1 tbsp (15 mL) **extra-virgin olive oil**
- 1 large clove **garlic,** minced
- ½ tsp (2 mL) **dried oregano**
- ½ tsp (2 mL) **salt**
- ¼ tsp (1 mL) **pepper**
- 2 **plum tomatoes,** sliced
- Half **red onion,** sliced
- 1 cup (250 mL) shredded **romaine lettuce**
- 4 **Greek-style pocketless pitas**

TZATZIKI:

- 1 cup (250 mL) shredded **cucumber**
- ½ tsp (2 mL) **salt**
- ¾ cup (175 mL) **Balkan-style plain yogurt**
- 2 cloves **garlic,** minced
- 2 tbsp (30 mL) chopped **fresh dill** (optional)
- 1 tbsp (15 mL) **lemon juice**

TZATZIKI: Mix cucumber with salt; let stand for 10 minutes. Squeeze out moisture. In small bowl, mix cucumber, yogurt, garlic, dill (if using) and lemon juice.

Meanwhile, trim and cut pork into 1-inch (2.5 cm) cubes. In large bowl, whisk together lemon juice, oil, garlic, oregano, salt and pepper; add pork and stir to coat. Marinate for 10 minutes or cover and refrigerate for up to 6 hours.

Thread pork onto metal skewers; brush with any remaining marinade. Place on greased grill over medium-high heat; close lid and grill, turning halfway through, until juices run clear when pork is pierced and just a hint of pink remains inside, about 12 minutes. Remove from skewers. Serve with tomatoes, onion, lettuce and tzatziki on pitas.

PER SERVING: about 463 cal, 46 g pro, 10 g total fat (4 g sat. fat), 44 g carb, 3 g fibre, 100 mg chol, 863 mg sodium, 910 mg potassium. % RDI: 14% calcium, 28% iron, 12% vit A, 22% vit C, 49% folate. ■

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‡Based on U.S. National Highway Traffic Safety Administration (NHTSA) scoring system for 2010 model year Dodge Grand Caravan.

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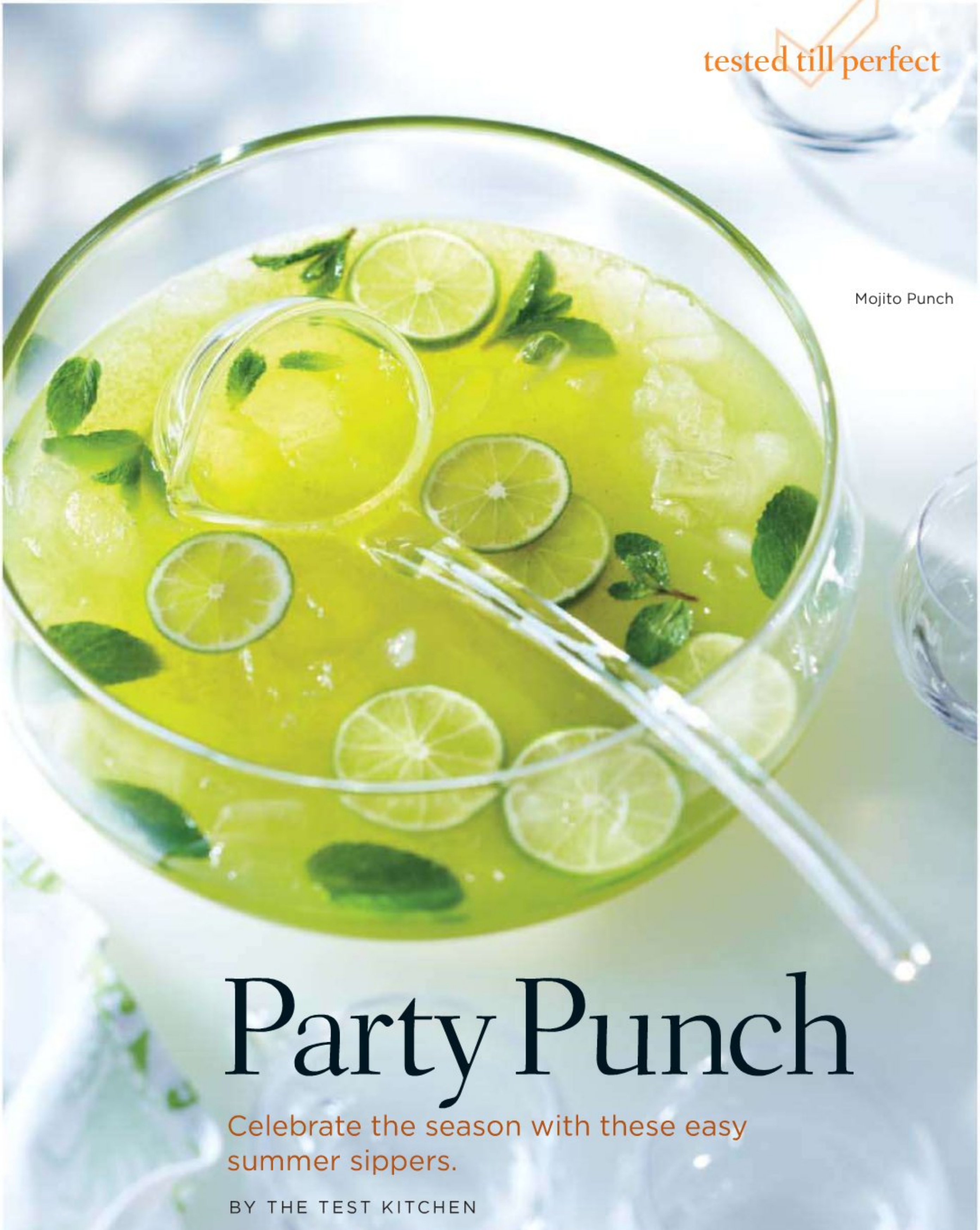

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Mojito Punch

Party Punch

Celebrate the season with these easy summer sippers.

BY THE TEST KITCHEN

PHOTOGRAPHY BY YVONNE DUIVENVOORDEN
FOOD STYLING BY ALISON KENT | PROP STYLING BY LAURA BRANSON

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Mojito Punch

Prep: 10 minutes
Makes: 12 cups (3 L), or 24 servings

✱ Save the tips of the mint stems to sprinkle onto the punch as garnish.

- 2 cups (500 mL) **mint leaves**
- 2 cans (each 250 mL) **frozen Bacardi Mixers Margarita mix**
- 3½ cups (875 mL) **soda water**
- 1 bottle (750 mL) **white rum**
- 3 **limes,** sliced
- 3 cups (750 mL) **ice cubes**

In blender, purée mint leaves, margarita mix and 1 cup (250 mL) water. Strain through cheesecloth-lined sieve into punch bowl. Add soda water, rum, limes and ice cubes.

PER ½ CUP (125 ML) SERVING: about 135 cal, trace pro, trace total fat (0 g sat. fat), 18 g carb, 0 g fibre, 0 mg chol, 10 mg sodium, 42 mg potassium. % RDI: 2% calcium, 6% iron, 3% vit A, 12% vit C, 4% folate.

Strawberry Champagne Punch

Prep: 10 minutes **Chill:** 30 minutes
Makes: 12 cups (3 L), or 24 servings

✱ This sophisticated punch is perfect for toasting at weddings. Add an ice ring to keep the punch cool (see Make an Ice Ring, page 216).

- 4 cups (1 L) sliced **strawberries**
- 2 each **lemons, limes** and **oranges,** sliced
- ½ cup (125 mL) **granulated sugar**
- 3 oz (90 mL) **brandy**
- 2 bottles (750 mL each) **Champagne** or sparkling wine

In punch bowl, stir strawberries, lemons, limes, oranges and sugar. Cover and refrigerate for 30 minutes or for up to 1 hour. Stir in brandy and Champagne.

PER ½ CUP (125 ML): about 80 cal, trace pro, trace total fat (0 g sat. fat), 8 g carb, 1 g fibre, 0 mg chol, 4 mg sodium, 115 mg potassium. % RDI: 1% calcium, 2% iron, 38% vit C, 5% folate.

Tropical Tutti-Frutti Punch

Prep: 5 minutes
Makes: 12 cups (3 L), or 24 servings

✱ This refreshing fruit-and-cream concoction makes a great centrepiece for a children's party or a backyard barbecue with tropical food. Although coconut allergies are very rare, make sure your guests know that the punch contains coconut milk.

- 1½ cups (375 mL) **pineapple juice**
- 2 cans (each 355 mL) **coconut milk**
- 1 cup (250 mL) **mango juice**
- 1 cup (250 mL) **passion fruit juice**
- ⅓ cup (75 mL) **lime juice**
- 3 cups (750 mL) **lemon-lime soda** (such as 7Up or Sprite)
- 4 cups (1 L) **ice cubes**

In large bowl, combine pineapple juice, coconut milk, mango juice, passion fruit juice and lime juice. Stir in lemon-lime soda; stir in ice cubes.

PER ½ CUP (125 ML): about 90 cal, 1 g pro, 6 g total fat (5 g sat. fat), 9 g carb, trace fibre, 0 mg chol, 9 mg sodium, 120 mg potassium. % RDI: 1% calcium, 7% iron, 4% vit A, 12% vit C, 4% folate.

Ginger Rhubarb Punch

Prep: 10 minutes
Cook: 10 minutes **Chill:** 1 hour
Makes: 6 cups (1.5 L), or 12 servings

✱ Pretty, pink and slightly spicy, this lovely nonalcoholic punch is perfect for showers and other events.

- 1 cup (250 mL) sliced **gingerroot**
- 4 cups (1 L) frozen chopped **pink rhubarb**
- ¾ cup (175 mL) **granulated sugar**
- 2 cups (500 mL) **ginger ale**
- ¼ cup (60 mL) **lemon juice**
- 3 cups (750 mL) **ice cubes**

In large saucepan, cover and bring ginger and 4 cups (1 L) water to boil. Add rhubarb and sugar; reduce heat and simmer until sugar is dissolved, about 10 minutes. Strain into large bowl or pitcher; let cool completely. Cover and refrigerate for 1 hour.

Stir in ginger ale and lemon juice. Stir in ice cubes.

PER ½ CUP (125 ML): about 71 cal, trace pro, trace total fat (0 g sat. fat), 18 g carb, 0 g fibre, 0 mg chol, 5 mg sodium, 55 mg potassium. % RDI: 8% calcium, 1% iron, 5% vit C, 1% folate.

Slushy Citrus Vodka Punch

Prep: 10 minutes
Freeze: 4 hours
Makes: 12 cups (3 L), or 24 servings

✱ This icy drink is great for outdoor events, but it melts quickly, so serve it from the freezer or an ice-filled cooler.

- 3 cups (750 mL) **100% pineapple juice**
- ¾ cup (175 mL) no-pulp **frozen orange juice concentrate**
- ¾ cup (175 mL) **frozen lemonade concentrate**
- 1 bottle (750 mL) **vodka**
- 3 cups (750 mL) **lemon-lime soda** (such as 7Up or Sprite)
- 3 cups (750 mL) **soda water**

In blender, whirl together pineapple juice and orange juice and lemonade concentrates until smooth. Transfer to freezer container; stir in vodka, lemon-lime soda and soda water. Freeze until firm but slushy, about 4 hours. Or freeze in ice-cream machine, according to manufacturer's instructions.

PER ½ CUP (125 ML): about 115 cal, trace pro, 0 g total fat (0 g sat. fat), 12 g carb, trace fibre, 0 mg chol, 11 mg sodium, 104 mg potassium. % RDI: 1% calcium, 1% iron, 35% vit C, 10% folate. ■

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Make your pasta magnifico: Creamy Philly Rose Penne.

Prep: 20 min. Makes: 4 servings

3 cups	penne pasta, uncooked	1/3 cup	*Philadelphia* Cream Cheese Spread
1-1/2 cups	pasta sauce	1/4 cup	fresh basil

COOK pasta as directed on package. Meanwhile, heat pasta sauce in nonstick skillet on medium-high heat. Stir in *Philly*; cook and stir constantly 2 to 3 min. or until melted. DRAIN pasta; toss with sauce until evenly coated. Top with basil.

cookingwithphilly.ca

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The Barbecue Collection (Transcontinental, 2010, $29.95) is available anywhere books are sold in Canada.

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BBQ by the Book

Grilling season has arrived, and so has our brand new cookbook. Turn the page to get a taste of some of the delicious recipes between its covers.

BY ANDREW CHASE & THE TEST KITCHEN

PHOTOGRAPHY: ANGUS FERGUSSON; HEMERA TECHNOLOGIES/THINKSTOCK (THIS PAGE); FELIX WEDGWOOD (OPPOSITE). FOOD STYLING, ANDREW CHASE. PROP STYLING, CATHERINE DOHERTY

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Lemon Pepper Cornish Hens

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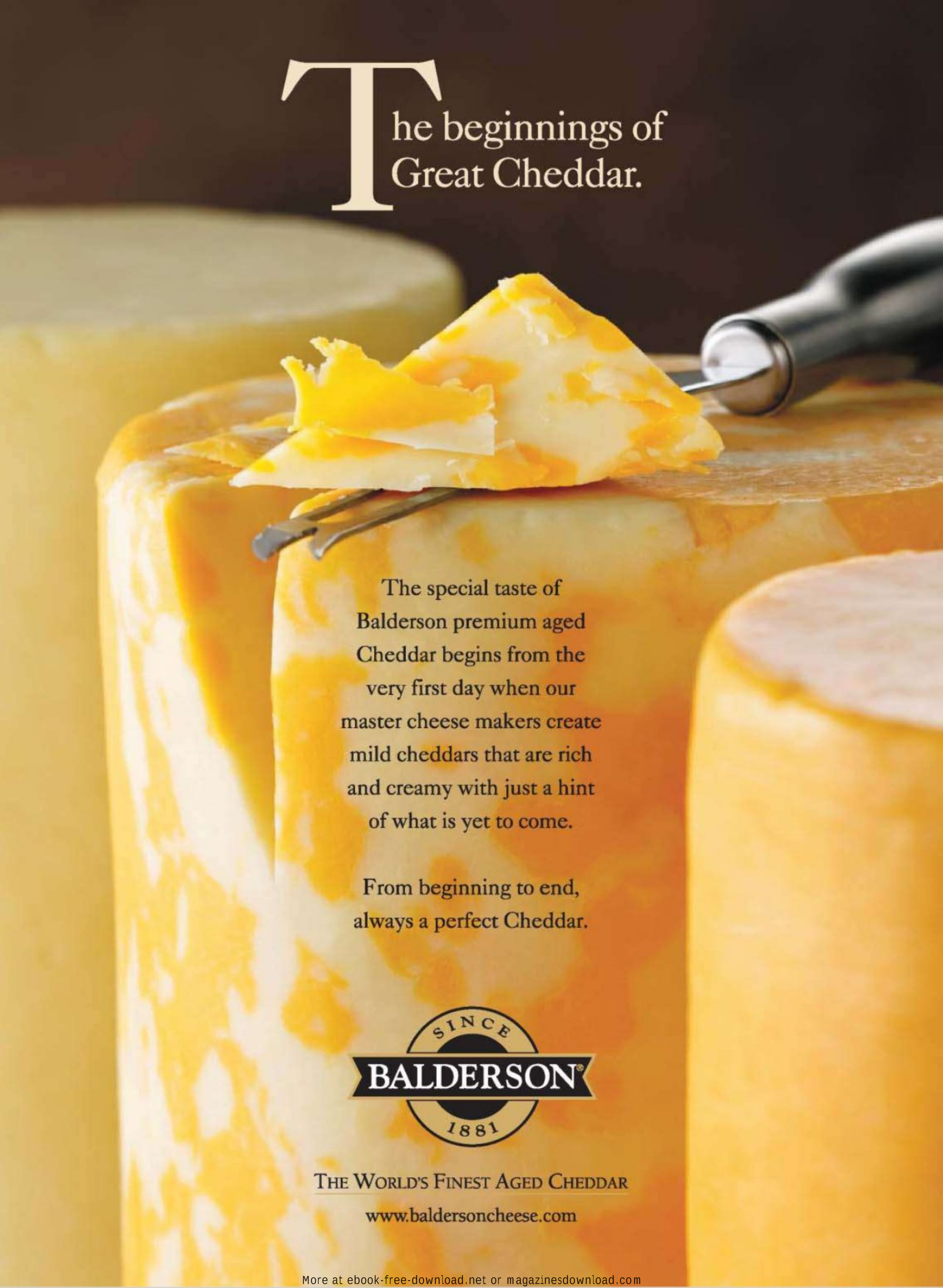

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Steak Tacos

PHOTOGRAPHY, FELIX WEDGWOOD. FOOD STYLING, CHRISTINE PICHECA. PROP STYLING, CATHERINE DOHERTY

Steak Tacos

Prep: 10 minutes **Stand:** 30 minutes
Cook: 3 minutes
Makes: 6 tacos

1 lb (500 g) thin **beef grilling steak,** cut into 2-inch (5 cm) strips
¼ cup (60 mL) **lime juice**
1 **onion,** sliced
2 **sweet peppers,** sliced
1 tsp (5 mL) minced **garlic**
½ tsp (2 mL) **black pepper**
6 small **flour tortillas**

SERRANO SALSA:
4 **tomatoes**
2 **serrano peppers** or 1 jalapeño pepper, seeded
1 clove **garlic**
½ tsp (2 mL) **salt**
¼ cup (60 mL) chopped **fresh coriander**

Toss together beef, lime juice, onion, sweet peppers, garlic and pepper. Let stand for 30 minutes or, refrigerated, up to 4 hours.

SERRANO SALSA: Core tomatoes and blanch for 1 minute; drain and peel. In blender, purée together tomatoes, serrano peppers, garlic and salt; stir in coriander.

Grill steak, onion and peppers on greased grill over high heat, turning once, until onion and peppers are soft and grill-marked, and steak is rare to medium-rare, 3 to 4 minutes. Slice peppers. Serve steak, onion and peppers in tortillas with Serrano Salsa.

PER TACO: about 229 cal, 19 g pro, 6 g total fat (2 g sat. fat), 26 g carb, 3 g fibre, 35 mg chol, 381 mg sodium, 504 mg potassium. % RDI: 3% calcium, 21% iron, 7% vit A, 90% vit C, 28% folate. »

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Greek Grilled Squid

Greek Grilled Squid

Prep: 10 minutes **Stand:** 30 minutes
Cook: 10 minutes
Makes: 4 servings

Who doesn't order grilled squid (calamari) when at a good Greek restaurant? Why not enjoy it more often at home? It's easy – and inexpensive to boot.

4 large **whole squid,** 1 to 1¼ lb (500 to 625 g) total
5 tbsp (75 mL) **extra-virgin olive oil**
2 cloves **garlic,** minced
1 tsp (5 mL) **dried oregano** (preferably Greek)
½ tsp (2 mL) **hot pepper flakes**
½ tsp (2 mL) + pinch **salt**
¼ tsp (1 mL) + pinch **black pepper**
2 **hot banana peppers**
1 or 2 ripe **tomatoes,** sliced
Half **field cucumber** or quarter English cucumber, sliced
12 **black olives**
2 tbsp (30 mL) **lemon juice**
2 tbsp (30 mL) chopped **fresh parsley**

To clean each squid, pull tentacle section off body. Remove plastic-like quill from body; rinse inside and out. Cut off innards, beak and eyes from base of tentacle portion. (Pull off purplish skin from body if desired; it adds extra flavour if left on.)

At scant ½-inch (1 cm) intervals, slice squid bodies crosswise three-quarters of the way through. Toss together squid bodies and tentacles, 3 tbsp (45 mL) of the oil, garlic, oregano, hot pepper flakes, ½ tsp (2 mL) of the salt and ¼ tsp (1 mL) of the black pepper until coated. Let stand for 30 to 60 minutes.

Meanwhile, grill peppers over high heat, turning often, until charred all over. Place in bowl; cover and let cool. Peel peppers; arrange on platter along with tomatoes and cucumber.

Grill squid over high heat, turning often, until opaque and lightly browned, about 5 minutes. Transfer to platter; scatter olives over top. Sprinkle with remaining salt and pepper. Drizzle with remaining oil and lemon juice; sprinkle with parsley.

PER SERVING: about 270 cal, 15 g pro, 20 g total fat (3 g sat. fat), 9 g carb, 2 g fibre, 206 mg chol, 450 mg sodium, 443 mg potassium. % RDI: 6% calcium, 13% iron, 8% vit A, 50% vit C, 9% folate.

FOR A CROWD

Buffet-Style Grilled Squid Salad

Prepare as directed, but dice grilled peppers, tomatoes and cucumber; slice grilled squid into rings. In bowl, toss with other ingredients, then transfer to serving plate. Makes 8 servings. »

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Grilled Sausage Spiedini

Prep: 10 minutes
Cook: 15 minutes
Makes: 4 main-course servings

Serve these brochettes with mustard, Balsamic Grilled Peppers (below) and a juicy tomato salad. Grill the peppers first so that they cool down enough to allow peeling.

1 lb (500 g) **Italian sausages**
1 piece (8 inches/20 cm) **baguette,** cut into 1-inch (2.5 cm) cubes
Half **red onion,** cut into 1-inch (2.5 cm) pieces
2 tbsp (30 mL) **extra-virgin olive oil**
1 clove **garlic,** pressed or minced
Pinch each **salt** and **black pepper**

Prick sausages with fork. Microwave, covered, at high until no longer pink, about 5 minutes. Cut into 1½-inch (4 cm) pieces.

Alternately thread sausage, bread and onion onto skewers. Mix together oil, garlic, salt and pepper; brush over bread. Grill, covered, over medium heat, turning often, until browned and onion is tender, about 10 minutes.

PER SERVING: about 354 cal, 19 g pro, 23 g total fat (7 g sat. fat), 17 g carb, 1 g fibre, 48 mg chol, 854 mg sodium. % RDI: 4% calcium, 14% iron, 5% vit C, 11% folate.

SIMPLE SIDE FOR FOUR

Balsamic Grilled Peppers

Seed, core and cut 3 sweet peppers into eighths. Grill, covered, on greased grill over medium-high heat, turning once, until tender, about 10 minutes. Peel if desired. Toss together peppers, 2 tbsp (30 mL) balsamic vinegar, 1 tbsp (15 mL) each chopped fresh basil and extra-virgin olive oil, and pinch each granulated sugar, salt and black pepper.

Masala Salmon

Prep: 10 minutes **Stand:** 15 minutes
Cook: 20 minutes
Makes: 4 servings

You only wish your local Pakistani grill (tikka) restaurant offered fish this good.

¼ cup (60 mL) **peanut oil** or vegetable oil
1½ cups (375 mL) sliced **onions**
¼ cup (60 mL) **plain yogurt**
¼ cup (60 mL) minced **fresh coriander**
1 tbsp (15 mL) **lemon juice**
2 **green hot peppers,** minced
2 cloves **garlic,** minced
2 tsp (10 mL) grated **fresh ginger**
2 tsp (10 mL) **curry powder** or paste
1 tsp (5 mL) **salt**
4 **skinless salmon fillets** or steaks, about 6 oz (175 g) each
Fresh coriander sprigs

In skillet, heat oil over medium-high heat; sauté onions, reducing heat if blackening, until browned and slightly crispy, about 10 minutes. Reserving oil, drain through sieve over heatproof bowl; let cool. In food processor, purée together onions, yogurt, minced coriander, lemon juice, hot peppers, garlic, ginger, curry powder, salt and 1 tbsp (15 mL) of the reserved oil. Scrape into large bowl; add salmon, turning to coat. Let stand for 15 minutes.

Grill, covered, on greased grill over medium-high heat, turning once and topping with any leftover spice mixture, until fish flakes easily, 10 to 12 minutes. Garnish with coriander sprigs.

PER SERVING: about 398 cal, 28 g pro, 29 g total fat (6 g sat. fat), 7 g carb, 1 g fibre, 75 mg chol, 658 mg sodium. % RDI: 5% calcium, 6% iron, 3% vit A, 17% vit C, 24% folate. »

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Beef and Black Bean Chili

Prep: 5 minutes	**Cook:** 30 minutes
1 lb (500 g)	**Extra Lean Ground Beef Round***
1	large onion, diced
1	large sweet pepper, diced
2 to 3 tbsp (30 to 45 mL)	chili powder
1 tsp (5 mL)	ground cumin
1 can (28 oz/796 mL)	diced tomatoes
1 can (14 oz/398 mL)	tomato sauce
1 can (19 oz/540 mL)	black beans, drained and rinsed
1-1/2 cups (375 mL)	frozen corn kernels

1. **Cook** ground beef, onion, sweet pepper, chili powder and cumin in large saucepan or Dutch oven over medium heat for 8 to 10 minutes or until meat is thoroughly cooked and any liquid has evaporated.

2. **Stir in** tomatoes, tomato sauce, beans and corn.

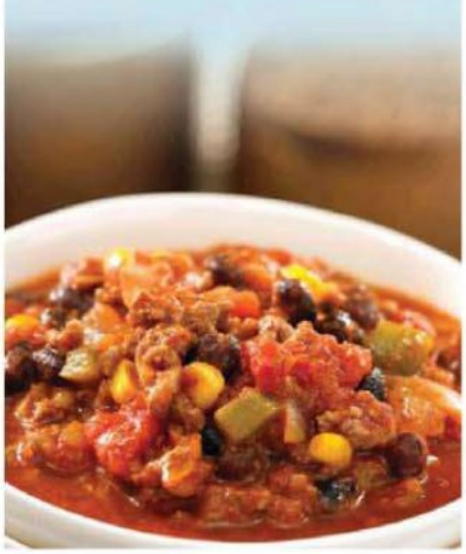
3. **Bring to boil** over medium-high heat. Reduce heat to medium and simmer, covered, for 20 minutes, stirring occasionally.

Makes 9 servings.

Per Serving: 192 Calories, 16 g protein, 5 g fat (2 g saturated fat, 0.1 g trans fat, 28 mg cholesterol), 24 g carbohydrate (6 g fibre), 573 mg sodium. Excellent source of iron (26% DV) and zinc (33% DV), 24% DV sodium.

*Other Options: Extra Lean Ground Sirloin, Lean Ground Chuck, or Lean/Extra Lean Ground Beef.

† The Heart and Stroke Foundation's registered dietitians have reviewed lean and extra lean ground beef to ensure they meet the specific nutrient criteria developed by the Health Check™ program based on the recommendations in *Canada's Food Guide*. A fee is paid by each participating company to help cover the cost of this voluntary, not-for-profit program. See healthcheck.org



Smoke-Grilled Lamb Shoulder

Prep: 15 minutes **Stand:** 1 hour
Cook: 2 hours
Makes: 8 servings

Fairly fatty lamb shoulder calls for slow grilling. Highly spiced and lightly smoked, this shoulder cooks undisturbed on the grill for about two hours to produce succulent meat.

½ cup (125 mL) chopped **fresh coriander** (roots, stems and leaves)
2 tbsp (30 mL) chopped **fresh ginger**
4 cloves **garlic,** smashed
1 tbsp (15 mL) **lemon juice**
1¼ tsp (6 mL) **salt**
2 tbsp (30 mL) **ground dried hot peppers** or chili powder of choice
2 tsp (10 mL) **ground coriander**
1 tsp (5 mL) **turmeric**
¾ tsp (4 mL) **ground allspice**
¾ tsp (4 mL) **ground cumin**
½ tsp (2 mL) **black pepper**
1 **lamb shoulder,** foreshank attached, about 5 lb (2.2 kg)

In food processor, purée chopped coriander, ginger, garlic, lemon juice and salt; mix in ground hot peppers, ground coriander, turmeric, allspice, cumin and pepper. With tip of sharp knife, make deep slashes all over lamb; rub spice mixture all over lamb and into slashes. Let stand for 1 hour or, refrigerated, up to 1 day.

Soak 3 cups (750 mL) wood chips in water for 1 hour. For gas barbecue, set foil drip pan under 1 rack of 2-burner barbecue or under centre rack of 3-burner barbecue. Heat remaining burner(s) to medium-high. Follow manufacturer's instructions for adding wood chips or seal soaked chips in foil to make packet; poke several holes in top. Place over lit burner; close lid. For charcoal grill, place drip pan in centre and arrange hot charcoal on either side; place soaked chips directly on coals.

Grill, covered and centred over drip pan, until fork-tender and crisp outside, 2 hours. Tent with foil and let stand for 10 minutes before carving.

PER SERVING: about 291 cal, 34 g pro, 15 g total fat (6 g sat. fat), 3 g carb, 1 g fibre, 118 mg chol, 472 mg sodium, 440 mg potassium. % RDI: 4% calcium, 26% iron, 6% vit A, 5% vit C, 17% folate.

Lemon Pepper Cornish Hens

Prep: 10 minutes **Stand:** 2 hours
Cook: 25 minutes
Makes: 4 servings

2 large **Cornish hens** (about 1½ lb/ 750 g each)
1½ tsp (7 mL) grated **lemon rind**
¼ cup (60 mL) **lemon juice**
3 cloves **garlic,** pressed
1 tbsp (15 mL) **black pepper**
2 tsp (10 mL) packed **brown sugar**
2 tsp (10 mL) grated **fresh ginger**
1½ tsp (7 mL) **dried oregano,** crumbled
1 tsp / 5 mL **salt**
½ tsp / 2 mL **ground cumin**
¼ tsp / 1 mL **ground cloves**
Extra-virgin olive oil

Using kitchen shears, cut hens down each side of backbone; remove bone (save for stockpot). Snip through breastbone to separate each hen into halves. Mix together lemon rind and juice, garlic, pepper, sugar, ginger, oregano, salt, cumin and cloves; add hens, turning to coat. Marinate, refrigerated, for 2 hours or up to 1 day. Bring to room temperature.

Brush hens lightly with oil; grill, covered and bone side down, over medium heat, turning and basting with more oil, until juices run clear when thickest part of thigh is pierced and skin is crisp, 25 to 30 minutes.

PER SERVING: about 454 cal, 32 g pro, 33 g total fat (8 g sat. fat), 6 g carb, 1 g fibre, 186 mg chol, 668 mg sodium. % RDI: 4% calcium, 16% iron, 5% vit A, 17% vit C, 3% folate. ■

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tested till perfect

Pack a Picnic

Enjoy a pack-and-go vegetarian lunch inspired by the flavours of Greek cuisine. Hold the lamb.

BY THE TEST KITCHEN

PHOTOGRAPHY BY YVONNE DUIVENVOORDEN | FOOD STYLING BY LUCIE RICHARD | PROP STYLING BY LAURA BRANSON

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MENU FOR 8

- Greens and Feta Pie
- Yellow Split-Pea Dip
- Dill Pickled Shallots
- Grilled Eggplant Salad
- Garlic Beets
- Pita Triangles*
- Greek Almond Shortbread
- Watermelon drizzled with ouzo or anisette*

**Recipe not included*

Garlic Beets

Dill Pickled Shallots

Yellow Split-Pea Dip

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Greens and Feta Pie

Greens and Feta Pie

Prep: 15 minutes
Cook: 45 minutes **Stand:** 1 hour
Makes: 8 servings

1¾ cups (425 mL) **all-purpose flour**
1 tsp (5 mL) **salt**
1 tsp (5 mL) **baking powder**
⅓ cup (75 mL) **extra-virgin olive oil**
⅓ cup (75 mL) **milk**
1 **egg**

FILLING:
2 tbsp (30 mL) **extra-virgin olive oil**
1 small **sweet onion,** diced
1 **leek** (white and light green parts only), diced
2 bunches or bags (about 10 oz/ 284 g each) **fresh spinach,** trimmed and coarsely chopped
1 lb (500 g) **beet greens** or Swiss chard leaves (about 1 bunch beets or chard), stems removed and coarsely shredded
1½ cups (375 mL) crumbled **feta cheese**
¾ cup (175 mL) shredded **mozzarella cheese**
2 **eggs**
1 cup (250 mL) loosely packed chopped **fresh dill**
1½ tsp (7 mL) each **salt** and **pepper**

In large bowl, whisk together flour, salt and baking powder. In separate bowl, whisk together oil, milk and egg; pour over dry ingredients. Using wooden spoon, stir to form fairly smooth dough.

Turn out onto lightly floured surface; knead until smooth, about 2 minutes. Press into disc; wrap in plastic wrap and refrigerate for 30 minutes. (Dough will seem oily when removed from refrigerator.)

FILLING: Meanwhile, in skillet, heat oil over medium heat; cook onion and leek, stirring occasionally, until softened, about 5 minutes. Transfer to large bowl.

Wash spinach and beet greens in several changes of water; drain. In batches, place spinach and greens in large pot with just the water clinging to leaves; cover and cook over medium-high heat, stirring once, until wilted, 3 minutes. Let cool.

Transfer to sieve; squeeze out moisture. Add to onion mixture along with feta and mozzarella cheeses, eggs, dill, salt and pepper; mix well. Set aside.

On floured surface, roll out dough to 16-inch (40 cm) circle. Loosely roll around rolling pin; unroll onto 9-inch (23 cm) cast-iron skillet or metal baking dish, letting dough hang over edge. Mound filling in centre; lift pastry up over filling, letting pastry fall naturally into folds and leaving 5-inch (12 cm) opening in centre.

Bake in bottom third of 375°F (190°C) oven until pastry is golden and filling is steaming, 45 minutes. Let cool for 30 minutes. Refrigerate until cold. Cover and refrigerate for up to 24 hours. Cut into wedges.

PER SERVING: about 387 cal, 15 g pro, 24 g total fat (8 g sat. fat), 31 g carb, 4 g fibre, 106 mg chol, 1,248 mg sodium, 674 mg potassium. % RDI: 34% calcium, 35% iron, 94% vit A, 25% vit C, 82% folate. »

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Yellow Split-Pea Dip

Prep: 3 minutes
Cook: 1 hour **Stand:** 1 hour
Makes: 2 cups (500 mL)

* This dip tastes better the next day, so, if you can, make it ahead.

- 1 cup (250 mL) **dried yellow split peas**
- 1 **bay leaf**
- 2 cloves **garlic**
- 1 tbsp (15 mL) **white wine vinegar**
- ½ tsp (2 mL) **salt**
- ¼ tsp (1 mL) **white pepper** or pepper
- ¼ cup (60 mL) **extra-virgin olive oil** (approx)

In saucepan of boiling water, cook peas with bay leaf until peas start to fall apart, about 1 hour. Drain. Discard bay leaf.

In food processor, mince garlic. Add peas, vinegar, salt and pepper; purée until smooth. With motor running, drizzle in oil, puréeing until combined. Scrape into serving container; let cool.

Drizzle with more oil, if desired. Let stand for 1 hour or cover and refrigerate for up to 24 hours. Bring to room temperature before serving.

PER 1 TBSP (15 ML): about 37 cal, 2 g pro, 2 g total fat (trace sat. fat), 4 g carb, 1 g fibre, 0 mg chol, 36 mg sodium, 69 mg potassium. % RDI: 2% iron, 5% folate.

Dill Pickled Shallots

Prep: 10 minutes
Cook: 15 minutes **Stand:** 1 hour
Makes: 2½ cups (625 mL)

* If buying loose shallots, choose bite-size ones.

- 1 lb (500 g) small **shallots**
- ¼ cup (60 mL) **white wine vinegar**
- ½ tsp (2 mL) **salt**
- 1½ tbsp (22 mL) **extra-virgin olive oil**
- 1½ tsp (7 mL) minced **fresh dill**
- Pinch **pepper**

Peel shallots, leaving top and tail ends intact. In saucepan, bring 2 cups (500 mL) water, 2 tbsp (30 mL) of the vinegar and half of the salt to boil. Add shallots; cover and simmer until tender, about 15 minutes. Drain and let cool enough to handle. Remove outer skin; trim ends. (Cut very large shallots in half if desired.)

In bowl, whisk together oil, dill, pepper and remaining vinegar and salt; add shallots, tossing to coat. Let stand for 1 hour or cover and refrigerate for up to 24 hours. Bring to room temperature before serving.

PER SHALLOT: about 24 cal, 1 g pro, 1 g total fat (trace sat. fat), 3 g carb, trace fibre, 0 mg chol, 60 mg sodium, 67 mg potassium. % RDI: 1% calcium, 2% iron, 2% vit A, 2% folate.

Grilled Eggplant Salad

Prep: 5 minutes
Cook: 50 minutes **Chill:** 1 hour
Makes: 3½ cups (875 mL)

- 2 **eggplants** (2 lb/1 kg total)
- 4 **green onions,** thinly sliced
- ¼ cup (60 mL) each chopped **fresh parsley** and **coriander**
- 2 cloves **garlic,** minced
- ¼ cup (60 mL) **extra-virgin olive oil**
- 2 tbsp (30 mL) **lemon juice**
- ¾ tsp (4 mL) **salt**
- ¼ tsp (1 mL) **pepper**
- 3 tbsp (45 mL) chopped **toasted walnuts** (optional)

Prick eggplants all over. Place on greased grill over medium-low heat or on baking sheet; close lid and grill or bake in 350°F (180°C) oven, turning often on grill, until softened and charred, about 50 minutes. Let cool on plate. »

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Peel and discard skin and any juices from eggplants; chop coarsely and transfer to serving bowl.

Stir in green onions, parsley, coriander, garlic, oil, lemon juice, salt and pepper. Cover and refrigerate for 1 hour or for up to 8 hours. Sprinkle with walnuts (if using).

PER 1 TBSP (15 ML): about 14 cal, trace pro, 1 g total fat (trace sat. fat), 1 g carb, trace fibre, 0 mg chol, 31 mg sodium, 23 mg potassium. % RDI: 1% iron, 2% vit C, 1% folate.

Garlic Beets

Prep: 10 minutes
Cook: 40 minutes **Chill:** 1 hour
Makes: 3 cups (750 mL)

* Choose beets with bushy greens; you'll need them for the Greens and Feta Pie (recipe, page 204).

2 lb (1 kg) medium **beets** (with tops)
2 cloves **garlic**
¼ tsp (1 mL) **salt**
3 tbsp (45 mL) **extra-virgin olive oil**
2 tbsp (30 mL) **red wine vinegar**
Pinch coarse **black pepper**

Trim beets, leaving each root and about 1 inch (2.5 cm) of stem attached; reserve greens for another use. Cook in large saucepan of boiling salted water until fork-tender, about 40 minutes. Drain and cool under running water. Trim off roots and stems; slip off skins. Cut beets into quarters or sixths as desired. Place in bowl.

Mince garlic with salt to make smooth fine paste. Whisk together garlic paste, oil, vinegar and pepper; toss with beets. Let stand for 1 hour or refrigerate for up to 24 hours. Serve at room temperature.

PER ¼ CUP (60 ML): about 45 cal, 1 g pro, 3 g total fat (1 g sat. fat), 3 g carb, 1 g fibre, 0 mg chol, 151 mg sodium, 103 mg potassium. % RDI: 1% calcium, 2% iron, 2% vit C, 12% folate.

Greek Almond Shortbread

Greek Almond Shortbread

Prep: 20 minutes **Chill:** 1 hour
Cook: 20 minutes
Makes: about 48 cookies

½ cup (125 mL) **unblanched almonds**
½ cup (125 mL) **granulated sugar**
1 cup (250 mL) **butter,** softened
1 **egg yolk**
1 tbsp (15 mL) **brandy**
1 tsp (5 mL) **vanilla**
2¼ cups (550 mL) **all-purpose flour**
½ tsp (2 mL) **baking powder**
¼ tsp (1 mL) **salt**
2 cups (500 mL) **icing sugar**

In skillet, toast almonds; let cool. In food processor, chop almonds with half of the granulated sugar until fine. In large bowl, beat together butter, remaining granulated sugar and almond mixture until fluffy; beat in egg yolk, brandy and vanilla.

In separate bowl, whisk together flour, baking powder and salt; stir half at a time into butter mixture.

Form by 1 tbsp (15 mL) into balls. Arrange, 1 inch (2.5 cm) apart, on parchment paper–lined baking sheets. Refrigerate until firm, about 1 hour.

Bake in 325°F (160°C) oven until slightly darker on bottom, about 20 minutes. Let cool on pans for 5 minutes.

Spread half of the icing sugar on tray; arrange warm cookies on sugar. Sift remaining sugar over top. Let cool.

PER COOKIE: about 93 cal, 1 g pro, 5 g total fat (3 g sat. fat), 12 g carb, trace fibre, 14 mg chol, 43 mg sodium. % RDI: 1% calcium, 3% iron, 4% vit A, 6% folate. ■

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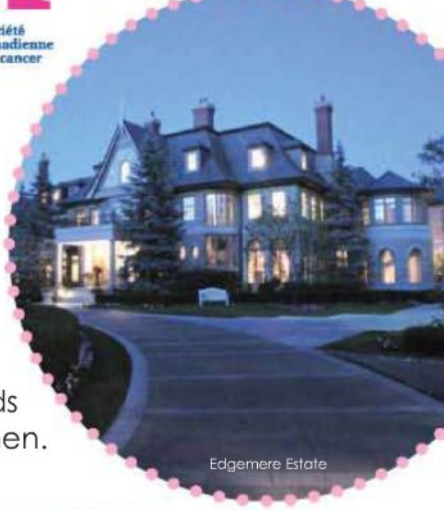

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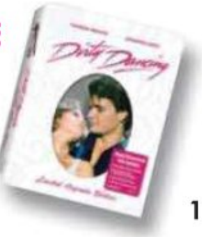

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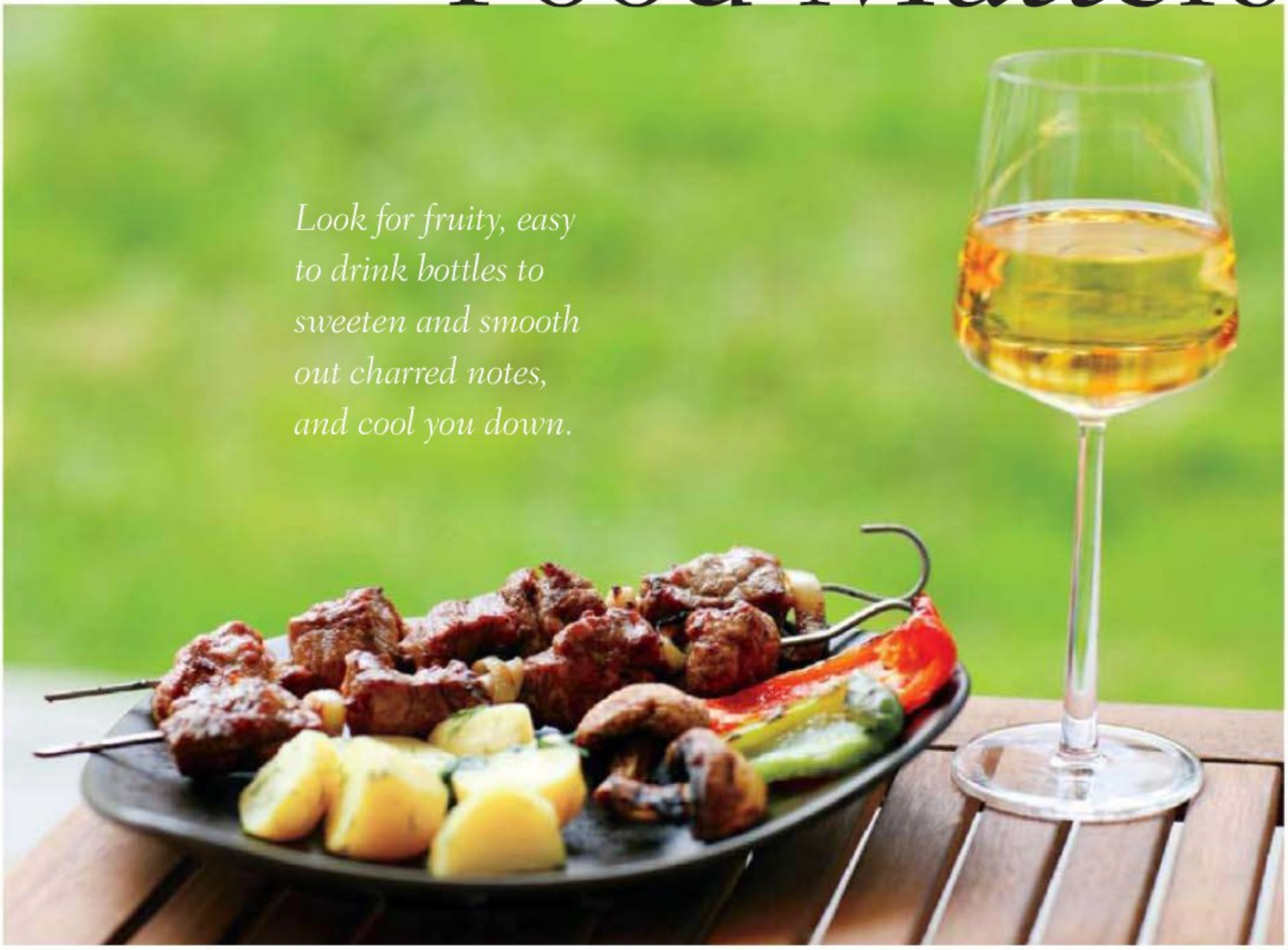
Food Matters



PHOTOGRAPHY, ALEXANDER SHALAMOV/VEER

WINES FOR THE BARBECUE

As summer approaches and the barbecue becomes everyone's go-to cooking appliance, it's good to know what wines work with grilled fare. A subtle wine won't match with big flavours, so look for fruity, easy to drink bottles to sweeten and smooth out charred notes, and cool you down.

Making a good match depends heavily on the sauce, marinade and meat you're using. With an Asian-style marinade on pork or chicken, stick to a white such as a Riesling or Pinot Gris. A Thai-marinated flank steak tastes best with a dry rosé or a light Pinot Noir. For simply grilled, unadorned red meats, choose single-varietal reds, such as Zinfandel from California, Shiraz from Australia, Malbec from Argentina or Carmenère from Chile. Or try a blend, such as a Port-style red that includes Touriga Nacional from the Douro Valley in Portugal, or a Grenache-Syrah from the southern Rhône or Vin de Pays d'Oc in France. A juicy Pinot Noir from New Zealand or B.C. is delicious with burgers.

If you're stuck between red and white, a dry rosé is the ultimate all-around barbecue wine. Made everywhere these days – from Canada to Spain – it has enough body to take on full flavours, offers loads of fruit and is best served chilled. Big tannic wines are tough to take in the heat, but if you feel the need to drink one with your steak, decant and chill it slightly to keep it from getting soupy and tasting overly alcoholic.

– Anne Martin, sommelier

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GREAT GADGETS: RSVP ONION GOGGLES, $24

Not being one for kitchen gadgets, I was skeptical when our prop stylist Catherine Doherty lent me these Onion Goggles to test. But guess what? They really work! If you're like me and your eyes water when you chop raw onions, you'll find these comfortable (and not-too-goofy-looking) glasses a real help. They have antifog lenses and a foam seal to protect eyes from irritating vapours. Though they fit most face shapes, they don't fit over glasses. Look for them at goldaskitchen.com.

– Gabrielle Bright, food editor

let's talk

YOU TELL US

Ever tried to stem the flow of onion tears with one of the following old wives' tale remedies? Visit canadianliving.com/june and tell us.

- I hold a wooden matchstick between my teeth.
- I run the onion under cold water.
- I cut alongside a lit gas burner or candle.
- I chew gum.
- I spritz the cutting board with vinegar.
- I chill the onion in the fridge or freezer.

WHAT A GRIND

Perfect for the cottage, camping or a barbecue, McCormick Grinders are jars of aromatic spices and seasonings with built-in grinders. Choose from straight-up sea salt, black peppercorns or Peppercorn Medley. Or try one of our favourite blends: Steakhouse Seasoning on steaks and chops, or Cinnamon Sugar on your morning latte. 24 to 70 g, $4 to $5 each.

PHOTOGRAPHY, GEOFF GEORGE (TOP)

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test driven

Best Barbecue Sauces

BEST FOR RIBS: WILDLY DELICIOUS APPLEWOOD SMOKED BARBECUE SAUCE, 350 mL, $6.50
Made with natural applewood and hickory smoke, this sauce has that real Southern barbecue appeal: tangy, sweet and smoky. We love it on grilled pork – ribs, chops and tenderloin – because it tastes great, smells terrific and creates a nice, thick coating.

BEST FOR WINGS: FRANK'S RED HOT SWEET HEAT BBQ WINGS SAUCE, 354 mL, $4.50
Whether you grill, fry or oven-roast your wings, this mildly spicy sauce, made with honey, molasses and hickory smoke, has just the right balance of sweet, smoke and heat to make them the perfect appetizer.

BEST FOR CHICKEN: DIANA SAUCE MAPLE GOURMET BARBECUE SAUCE, 500 mL, $3.75
If you like a sweeter sauce, this one contains real Quebec maple syrup, which gives it a lovely light maple flavour and colour. We love how it glazes grilled chicken breasts or whole (rotisserie or beer-can roasted) chickens when brushed on right at the end of cooking.

BEST FOR BEEF: BULL'S-EYE GUINNESS DRAFT BEER BLEND BARBECUE SAUCE, 425 mL, $3.69
Nothing goes better with barbecue than beer, and this thick, dark sauce has stout beer and molasses to give it a rich, deep flavour. We love it on beef ribs, burgers and flank steak. (Did you know that Bull's-Eye is the official barbecue sauce of the Calgary Stampede?)

THIS MONTH'S TEST KITCHEN FAVES

Double Cheese Kolaches
"These little bundled babies, part of eastern European traditions, are a pure delight for the eyes and senses. I can't resist a warm, sweet bun with a cheese filling. Who can?"
– Soo Kim, food specialist

Blueberry Ricotta Pancakes
"These light, lemony pancakes, studded with blueberry jewels, are delish. They bring a little taste of sunshine to your morning. I like them with a dusting of icing sugar."
– Adell Shneer, senior food specialist

PHOTOGRAPHY: GEOFF GEORGE (TOP); YVONNE DUIVENVOORDEN

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FROM FARM TO FRIDGE

If you're buying ingredients for Curried Pork Burgers (page 164), Bacon Cheddar Cornmeal Waffles (page 172) or any other tasty, cheesy recipe, look for the 100% Canadian Milk symbol. It guarantees you're getting products (milk, cheese, cream, butter, yogurt and ice cream) made from 100 per cent Canadian milk, renowned for its quality and great taste. And it's a wonderful way to support Canadian dairy farmers.

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MAKE AN ICE RING

An ice ring is the best way to keep punch cool, because the ring melts much more slowly than ice cubes and doesn't dilute the punch as much. It also looks pretty, especially if whole berries or citrus slices are suspended inside it. An ice ring is easy to make in just a couple of steps. Here's how.

- Fill a container, such as a Bundt pan or halved clean milk container, with cold water. Freeze until solid, about 8 hours.
- To add berries or citrus, add cold water to container to come 1 inch (2.5 cm) from bottom; freeze until solid, about 1 hour. Add berries or citrus slices and enough cold water just to cover; freeze until solid, about 30 minutes. Fill with cold water and freeze until solid, about 8 hours.
- Just before serving, place in warm water bath for about 30 seconds to release from sides. Float in punch.

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dowhatyoucan.ca

Stewardship Ontario

Stewardship Ontario is a leader in the development and delivery of innovative and efficient recycling and waste diversion programs. This ***Do What You Can*** program is funded by the industries (our Stewards) that make and market these products. For more information on our program visit us at: *www.stewardshipontario.ca*

DO WHAT YOU CAN
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Sources

beauty is everywhere

Frock Stars

Pages 29 to 33: **Ev3nts studio,** threeevents.ca. **La Senza,** 1-888-LASENZA, lasenza.com. **Addition Elle,** additionelle.com, 1-866-388-4783. **BCBG Max Azria,** bcbg.com.

Pam Chorley's Fashion Crimes, fashion crimes.ca. **Jacquie Carew Jewels,** jacquie carew.com. **Nine West,** 1-866-993-9378, ninewest.ca. **Lia Sophia,** liasophia.ca. **Simon Chang,** simon chang.com. **Jenny Bird,** jennybird.my shopify.com.

Beauty Refresh

Pages 37 and 38: **Winners,** 1-877-WINN877, winners.ca. **Jenny Bird,** jennybird.myshopify.com. **Lia Sophia,** liasophia.ca. **Salon Escape,** 1-866-277-6377, salon escape.ca. **Redken,** select salons; 1-866-9-REDKEN. **Nexxus,** major drugstores and mass-market retailers. **Shu Uemura,** Holt Renfrew.

Editor's Choice

Pages 41 and 42: **Rosebud Perfume Co.** and **Make Up For Ever,** Sephora, 1-877-SEPHORA. **Cake Beauty,** cakebeauty.ca. **By Terry,** select Holt Renfrew and Sephora stores. **The Balm** and **Korres,** Sephora. **Principessa** and **Wowee,** beautymark.ca. **Dior** and **Benefit,** select department stores and Sephora. **Kiehl's,** kiehls.com. **Laura Mercier,** Holt Renfrew and Sephora. **Clarins,** select department stores; ca.clarins.com. **M.A.C,** mac cosmetics.com. **Chanel,** select department stores. **Beauté,** beaute-cosmetics.com.

Some Like It Hot

Page 46: **Shu Uemura,** Holt Renfrew. **Neostrata,** major drugstores and mass-market retailers. **Living Proof,** Sephora, 1-877-SEPHORA.

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Style Matters

Pages 49 and 50: ***Grace Kelly Style,*** vandashop.com. **Sephora,** 1-877-SEPHORA. **Aldo Accessories,** aldo accessories.com. **Revlon,** drugstores and mass-market retailers. **Pure Alfred Sung,** exclusively at Zellers, zellers.com.

health is happiness

Health Matters

Page 82: **New Skin,** Zellers; Walmart Canada; Sobeys. **Band-Aid,** Shoppers Drug Mart; Pharmaplus; Walmart Canada. **Nexcare,** Shoppers Drug Mart; Loblaws; London Drugs.

life is for living

Life Matters

Page 127: **Scraptivity,** scraptivity.com. **Memory Workshop,** memory workshop.ca. **Ninabrook Designs,** ninabrookdesigns.com.

home is pride

Home Matters

Pages 141 to 143: **Pier 1 Imports,** pier1.ca. **Sears,** sears.ca. **Samaco Trading,** samacotrading.com. **Lowe's,** lowes.ca. **Gluckstein Home** and **Home Outfitters,** home outfitters.com. **Canadian Tire,** canadiantire.ca. **Benjamin Moore,** benjaminmoore.com. **Behr,** homedepot.ca. **CIL,** canadiantire.ca. **Valspar,** valsparat lowes.ca.

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EVERYDAY MATTERS

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- A free pattern and instructions on how to make not-for-profit cool caps
- Great ideas for a low-cost wedding
- Water-saving tips for summer gardening

STYLE

- Share images of your favourite party dress, and see our editors in theirs!
- Tell us: What's your summer beauty essential?
- Take a quick survey and tell us your thoughts on our bonus beauty section

HEALTH

- Five ways to boost your heart health
- Sign up for our Spring Boot Camp
- Read about other conditions (beyond migraines) that Botox can treat
- Tell us: What's the main wellness change you'd like to see your partner make?

LIFE

- Tips on coping with your job loss
- Share ideas for affordable entertaining, and post photos and videos from your own low-cost, high-fun parties
- Tell us: What's your ideal family summer vacation?

HOME

- Tips on making your own garden path
- Get a list of plants that soothe summer's burns, bug bites, cuts and rashes
- Bake delicious cupcakes for your homemade cupcake toppers
- Learn to look great in pictures

FOOD

- Tell us: Ever tried to stem the flow of onion tears with an old wives' tale remedy?
- Crazy Cakes Contest! Get inspired with a slide show of *Canadian Living* cakes made by readers like you

CONTESTS

- Win a Memory Workshop scrapbook set (value: $37)
- CL Advantage members are invited to join *Canadian Living* for a farmer's market tour and cooking demo in Toronto on June 3. Find out more on page 219 or at canadianliving.com/advantage.
- Host a Girls Night In to support the Canadian Cancer Society this month. For more information, see page 210, or visit girlsnightinforcancer.ca.

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Christine Picheca

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JUNE 2010

= quick (30 minutes or less) = easy = vegetarian

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ABOUT OUR NUTRITION INFORMATION

To meet nutrient needs each day, moderately active women 25 to 49 need about 1,900 calories, 51 g protein, 261 g carbohydrate, 25 to 35 g fibre and not more than 63 g total fat (21 g saturated fat).

Men and teenagers usually need more. Canadian sodium intake of approximately 3,500 to 4,500 mg daily should be reduced, whereas the intake from food sources of potassium should be increased to 4,700 mg per day.

Percentage of recommended daily intake (% RDI) is based on the highest recommended intakes (excluding those for pregnant and lactating women) for calcium, iron, vitamins A and C, and folate.

Figures are rounded off. They are based on the first ingredient listed when there is a choice and do not include optional ingredients or those with no specified amounts.

ABBREVIATIONS:
cal = calories
pro = protein
carb = carbohydrate
sat. fat = saturated fat
chol = cholesterol

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Ode to Camp

For one writer, sitting on the dock of the bay was pure magic.

BY DAWN RUDDICK

It's a dock like countless others, precariously maintaining ties to both land and water. I haven't stood on it in over 20 years, but in my mind's eye I can see the weathered wood, the water sparkling around it, and islands dotting the horizon like freckles on skin.

It was 1985 when I first saw that dock, and I was 15.

I spent most of my childhood in northern England, and "camp" wasn't part of my English parents' cultural awareness. But when we were transplanted to Canada and I pleaded to go, they graciously scraped together the money and put me on a YMCA bus headed north from our home in St. Thomas, Ont., to Camp Queen Elizabeth on one of the many islands in Georgian Bay.

Back then, like my favourite old dock, I wasn't quite sure if I was moored to the land or to the water. Precariously tethered to the identity thrust upon me by my high school peers, and to the self I had yet to explore, my feet left the dock in Honey Harbour on the shores of Georgian Bay and landed shakily in a speedboat as we set off for Camp Queenie. I was never the same again. Previous summers had come and gone, but I can't really recall how I spent them: My concept of summer began when I first went to Camp Queenie.

Previous summers had come and gone, but my concept of summer began when I first went to Camp Queenie.

At the camp, we spent hot days diving into chilly waters, paddling and portaging on canoe trips, and soaking up the sun on smooth, warm rocks. At night we sang around the campfire and laughed with wild abandon, finally making a beeline for our cabins as the last trails of smoke vanished. Later we'd creep out into the darkness, our flashlights zigzagging through the sky like fireflies set free from a jar.

Now, on warm summer nights after my own children are in bed and the house is still, I stand on my porch and close my eyes. I can still see that old dock and the waters of Georgian Bay, calling me to Camp Queenie. That dock will be waiting for my young children when the time comes for them to go to camp, too. ■

DAWN RUDDICK is an elementary school music teacher in London, Ont., who can often be found singing camp songs with her students.

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EYE
anti-aging roller

Ray of Light

MY NAME IS JULIA AND I AM A RECOVERING TANAHOLIC. I'm ashamed to admit it, but I'm a sucker for that caramel glow.

This confession is a faux pas for any beauty editor to disclose, but we all have our skeletons and mine comes in the form of a past tanning addiction. Once, on a trip to Cuba, my white-as-snow skin transformed into the not so lovely yet incredibly vibrant (and painful) shade of a cooked crustacean. I was convinced that it was because I didn't have a base tan like my perfectly sun-kissed girlfriends! After that trip, I baked myself at my local tanning salon multiple times a week and laid in the sun, slathered in oil, to achieve my bronze glow. I knew the risks, but I was suffering from it-won't-happen-to-me syndrome.

I finally saw the light, so to speak, when my father developed basal cell carcinoma. It made me realize I'm not invincible. Now, just thinking about the damage gleaned from a few hours in the sun worries me. The experts say I should have been reapplying a shot glass full of at least SPF 30 sunscreen to my entire body every two hours. Instead, I had been lying in direct sunlight with one measly SPF 20 application for the day. If only I had known then what I know now.

I've promised myself that I will never again subject my skin to harmful UV rays without sufficient protection. But just because I've quit tanning cold turkey doesn't mean I can't indulge in a UV-free fake tan: Now I adore a good faux glow!

So this summer, I'll be sporting a safe tan – self-tanner plus a layer of SPF 30 over no tan at all. You can read all my research into how to get a sun-kissed glow on page 7. Once again, I'm excited to present extra beauty pages in this month's issue, and I hope our do-it-yourself beauty tips will help you master your summertime beauty regimen, fake tan and all. Yours in SPF,

Julia McEwen,
Beauty editor

let's talk

We'd love to know your thoughts on our bonus beauty section. Take our quick survey at canadianliving.com/june.

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PHOTOGRAPHY, GEOFF GEORGE (TOP)

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WHAT'S YOUR SUNSCREEN STYLE?

You know you need to wear sunscreen. But different lifestyles dictate different needs. Whatever your habits, we have the solution for you. Goodbye, guesswork; hello, summer!

BY KATHERINE FLEMMING

PHOTOGRAPHY (FROM LEFT): THINKSTOCK/SIRI STAFFORD; THINKSTOCK/GEORGE DOYLE; THINKSTOCK

THE SUN WORSHIPPER

Your lifestyle: You embrace the heat and spend lots of time outdoors, hitting the beach, playing sports or swimming in the pool with your kids. You're at risk of experiencing significant UV damage, so sun protection is on your mind, but it needs to be accessible, easy to use and effective.

Your sunscreen Rx: Look for a waterproof, sweatproof formula, because "you won't be as vigilant about reapplying after swimming and towelling off," says Dr. Paul Cohen, a Toronto-based dermatologist. Pick up a sunscreen with an SPF between SPF 50 and 70. "There's a misconception that higher levels won't protect you more than lower SPF levels," says Dr. Cohen. He says an SPF of 30 can shield 93 per cent of UV rays while SPF 60 can block 97 per cent. "Cumulatively, over many years, that's a significant difference," he adds. And while spray-on sunscreens are easy to use, "you need to be careful when applying them. On a windy day, the formula can blow away," says Dr. Cohen, who prefers to use white creams to ensure all areas are covered. If you love sprays, make sure to apply them in wind-blocked or indoor areas.

Tip: "Sunscreen is only part of the picture," says Dr. Cohen. Check out sun shirts – they offer incredible coverage, are easy to wear, and can be worn while swimming and doing other outdoor activities.

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THE SOMETIMES SUNNER

Your lifestyle: You dabble in outdoor activities such as gardening, but don't plan your weekends around maximizing your time under sunny skies. You need a formula that works with your on-the-go lifestyle.

Your sunscreen Rx: Even if you're partially covered up, apply a thick layer of sunscreen to any areas of skin exposed to the sun. Dr. Cohen sees gardeners with severe damage on their arms and scalps, while their hands are relatively spot-free from wearing gloves. Creams are excellent choices because you can see where you have applied them, and those sold in jars are easy to fit in your purse and won't weigh it down. Stick formulas are another easy option for touch-ups. "They're like big, fat lipsticks and are great to cover your nose, ears and lips," says Dr. Cohen. Always wear a wide-brimmed hat to shield your face and scalp.

Tip: Plan your activities around the movement of the sun. "Don't set out to garden at 12:30 p.m., when rays are strongest," says Dr. Cohen. Try to go out later in the afternoon or early in the morning, but still maintain your sunscreen application.

THE SUN AVOIDER

Your lifestyle: You dash between your arrival points with a spring in your step, spending only brief moments in the sunshine and favouring the cool indoors over long stretches in the sun. You're happy to wear sunscreen, but your main line of defence against the sun is avoiding it whenever possible.

Your sunscreen Rx: "As long as your exposure is limited, a moisturizer with an SPF is OK," says Dr. Cohen. Formulas that blend sunscreen with skin-care ingredients tend to be more cosmetically elegant, he adds. They glide across your skin and can be easily reapplied throughout the day. However, don't rely on them if you sit beside a window at work or drive often, says Dr. Cohen. "UV rays can penetrate glass and moisturizers with SPF don't offer as much coverage as pure sunscreen." Never go lower than SPF 30. "An SPF 15 is a total waste in the summer," says Dr. Cohen. Carry the moisturizer in your purse for easy touch-ups. "They rub in nicely. It's that type of protection."

Tip: If you avoid the sun because of skin sensitivity, look for a sunscreen with physical blockers, such as zinc oxide and titanium dioxide. "These are great for children or adults with eczema, allergies, rosacea or sensitive skin," says Dr. Cohen. "While they appear chalky white on skin, some formulas are incredibly effective."

SPOT CHECK

- When applying sunscreen to your face, you'll need enough cream to cover "the better part of your ring finger," says Dr. Paul Cohen, a Toronto-based dermatologist. Use enough to fill an entire shot glass when coating your body.
- Reapply every two hours, or more frequently if you are swimming, towelling off or sweating.
- The average sunscreen bottle allows for eight or nine full-body applications. "If you're at the end of the summer and you still have a full bottle of sunscreen, there's a problem," says Dr. Cohen.
- If you're taking a long outdoor stroll during lunch, make an appointment with your sunscreen bottle to reapply before you go, especially if you sit near a window, says Dr. Cohen. By noon, the formula has started to break down and you're no longer protected.
- Be generous with your application. "An SPF 50 won't be a true SPF 50 if you've applied a thin layer and missed several spots," says Dr. Cohen.
- If you use vitamin D intake as an excuse to skip sunscreen, Dr. Cohen likens it to "smoking cigarettes to keep [your] weight down." He says five minutes of exposure to the sun a day on the backs of your hands in the summer is enough to give you sufficient vitamin D.

Editors' note: We apply sunscreen straight out of the shower after our skin has cooled and dried, then let the lotion dry before getting dressed. This gives it time to sink in and guarantees we don't miss any spots.

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Oh, Glow On!

Get the sun-kissed look with our step-by-step guide.

BY JULIA MCEWEN

You know the sun is bad for you, but you just can't resist being attracted to the tint of colour it gives your skin. We understand, but it's important to stand firm and be proactive about protecting yourself from harmful UV rays. And don't think that tanning beds are the answer. A 2009 report has confirmed that using tanning beds before age 30 may increase your risk of melanoma by 75 per cent.

The truth is that the only healthy tan is a fake one. Self-tanners have come a long way from the orange streaks and muddy spots of the past. With our step-by-step guide, the days of waiting for blotchy self-tanner applications to fade are over – you'll be sure to strike golden tones every time.

COLOUR INDEX

Nothing's quite as humbling as messing up your self-tanner, but with myriad application types – gradual moisturizers, gels, foams, sprays and creams – now available in countless shades, the process has never been so user-friendly. For the most natural results, choose a formula that matches your skin tone.

FAIR SKIN

Those with alabaster complexions should stick with gradual tanners, says Sabrina Rinaldi, a freelance makeup artist with Judy Inc. They build up a tan over several days and reach their maximum colour after a week. The added bonus is that these products are less likely to leave behind pesky streaks, because the formulas contain lower doses of DHA (the active dyeing ingredient in self-tanners). Rinaldi prefers creams. "You have more control over how much product is being applied," she says. And it's easier to see the areas you've covered, as well.

MEDIUM SKIN

People with medium-tone skin can choose to build colour over several days with a gradual tanner or choose a more potent, faster-acting sunless tanner. The benefit to using a traditional self-tanner is that the developing time is just a few hours, compared with a full week for gradual tanners. The main drawback, however, is that the application can be a little trickier. When choosing your shade, err on the light side. If the colour is too dark for your skin tone, it won't result in a deeper tan; ultimately, it's more likely to streak, says Rinaldi.

DARK SKIN

Sunless tanners are great for people with darker complexions, too; they help even out your skin. Pick a dark shade in a traditional self-tanner (cream, gel or spray), ensuring that it's close to your natural skin tone. If you have dry skin, go with a cream. If you have oily skin, a gel-based product generally works best.

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1 | PREP YOUR SKIN

Hop in the shower. "Your first step is to exfoliate your skin," says Rinaldi. "Self-tanners turn darker on dry patches," she says. "Exfoliating ensures that your colour develops evenly and looks natural." Use a nonoily body polish to exfoliate all over. If you don't have a scrub, the next best thing is a creamy shower gel teamed up with a loofah. Focus on the driest and roughest parts of your body: your elbows, knees and ankles.

2 | GET HYDRATED

Rinaldi suggests smoothing a layer of oil-free moisturizer onto your shower-moist skin. "Moisturize your skin to make sure that dry patches are covered." You can skip this step if you plan on using a gradual tanner, because those products have moisturizers built into their formulas.

OLAY

Regenerate

Firms the appearance of sagging-prone areas, even the jaw line, to smooth skin's surface and restore elasticity.

Regenerist
Micro Sculpting Cream

3 | APPLY TO BODY

It's always best to start at the bottom and move up. Begin with a loonie-size amount of self-tanner in your hand and, using circular motions, rub it in all over your calf. Rub the product that's leftover in your hand onto your foot, ankle and knee. Rinaldi insists on keeping feet well moisturized. "It will help prevent your feet from getting darker than the rest of your body – a common problem," she says. Repeat with your other leg, then move on to your thighs, torso, back and arms. For even application, Rinaldi suggests starting in the centre of the area you're working on, then blending the product outward.

4 | APPLY TO FACE

Don't be tempted to use the same tanner that you use on your body for your face. Choose one formulated specifically for the face (preferably from the same brand), as it won't clog pores and will be less drying than regular tanners. Rinaldi recommends using a product made for your specific skin type: oily, sensitive or dry. Cleanse, then gently exfoliate and moisturize before you apply. Squeeze a dime-size amount onto your fingers and dot the self-tanner onto your forehead, the bridge of your nose, your cheekbones and the middle of your chin. With the same two fingers, blend toward your hairline and jawline, and down your neck.

5 | SET YOUR TAN

After applying the tanner, wait 20 minutes before getting dressed to be sure the formula is dry. Self-tanners can easily rub off onto clothing when they're not totally dry. Stay away from formfitting clothing. "Put on a loose T-shirt or bathrobe," say Rindali. Wash your hands with a scrub to remove any tanner residue, as palms and cuticles tend to turn orange if they're not properly cleaned. To prevent nails from getting a faux glow of their own, go to town with a nail brush.

ORANGE-STREAK SOS

- Full colour develops two to four hours after applying tanner. If you always get streaks, chances are you're not using enough product or you're using the wrong shade. Rinaldi says it's paramount to pick the tanner that best matches your skin tone. "Women often use self-tanners in shades that are too intense for their skin tones, which can result in streaks," she says.
- If streaks or dark patches develop, dip a cotton ball in an alcohol-based toner and sweep it over the mistakes. This will soften the darker areas.
- "Self-tanner can get darker in your hair follicles if you shave right before you apply the tanner," says Rinaldi. She suggests shaving or waxing a few days prior to application.
- Don't shower, shave, exfoliate or get wet for 24 hours after you apply the tanning lotion. This will help prevent streaking.
- Sunless tans will not wash or rub off; they gradually fade as the outer layer of skin sloughs off in four to six days, says Rinaldi.

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With sandal season underway, you'll want to show off your toes with a pretty pedicure. We show you all the do-it-yourself shortcuts.

BY KATHERINE FLEMMING

SUMMER-PERFECT

1 | BE PREPARED

Ensure that you have everything you need before you get started, including: nail-polish remover, cuticle oil, nail clippers, a nail file, foot soak, towels, a cuticle pusher or orangewood stick, a foot paddle, massage lotion, base coat, top coat and, of course, your prettiest polish.

2 | STRIP DOWN

Remove all existing polish and apply a nourishing oil to your nail beds. If you don't have cuticle oil, any oil will do – almond, orange or even olive oil. Trim nails to your desired length, being careful not to cut into the surrounding skin. Shape and file if necessary.

GUTTER CREDITS...

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PEDICURE

3 | SOAK STORY

Soak your feet in warm water with a foot-soak solution for five minutes. This is an essential step, says Cathy Crispo Mancini, owner of Lux Spa in Toronto. "It softens skin in preparation for the foot filing that needs to be done in order to get those little tootsies super baby-soft!" If you don't have a foot soak, try Epsom salts. Don't have a pretty basin? Purchase an oversize salad bowl for your feet.

Editors' note: We love tossing in sliced lemons for a pretty visual and olfactory treat.

4 | SMOOTH OPERATOR

Remove one foot from the soak and push back the cuticles with a cuticle pusher or orangewood stick. Paying extra attention to your heel, file any rough spots with the foot paddle. Massage your leg and foot with a lotion of your favourite scent. Then, repeat with the other foot.

Editors' note: We like having a warm towel on standby to amp up the indulgence factor.

5 | POLISH PARTY

Deciding on a colour "is such a personal thing," says Mancini, who likes to match her pedicure and manicure shades. She also suggests mixing up the colours by going dark on your toes and lighter on your fingers. If you wear open-toed shoes to work, steer away from sparkly shades, says Mancini, adding that bright shades tend to be more popular in the summer because people are likely to have more colour in their wardrobes.

FOUR EASY WAYS TO MAKE YOUR PEDICURE LAST

1 | Use a foot paddle once a week to keep rough spots at bay. Hang it in your shower so you'll remember to use it.

2 | Always prep nails by applying nail-polish remover immediately before you apply a base coat. Any trace of cuticle oil left on the nails will prevent the polish from sticking, which translates into chipping.

3 | Apply any kind of oil to your nails and surrounding cuticles every night. This keeps the area well-hydrated and prevents polish from chipping or peeling, says Mancini.

4 | Reapply the top coat every few days. This protects the colour and bestows instant shine on toes for a freshly applied look.

Editors' note: We swear that applying a horizontal strip of polish and top coat along the tip of the nail keeps our pedicures around longer.

PHOTOGRAPHY, THINKSTOCK/MARTIN POOLE

EDITORS' FAVOURITES

At the office, we love to see new shades of polish land on our desks. But we also play favourites.

"I gravitate toward shades that are vibrant with a fresh, current feeling. My go-to pigments are magentas, deep purples and eye-popping corals. The lacquers need to have a shiny finish with zero trace of shimmer."
– Julia McEwen, Beauty editor

"It's kind of boring, but I love the new mid-tone 'greige' (grey-beige) polishes on my toes. They look great with my primarily neutral wardrobe and I never tire of them in between pedis."
– Karen Kwinter, editor-at-large, Style

"When the sun comes out and I'm lightly tanned, I like to go for a pedicure and choose a deep red colour (one that I would tend not to wear on my fingernails)."
– Susan Antonacci, editor-in-chief

"When it's not a creamy grey (my recent obsession) I default to my true love: berry. It's rich in pigment, more raspberry than strawberry, truly pink and blue in undertone, and always shimmer-free."
– Katherine Flemming, editorial assistant, Style

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The Olay Professional Alliance for Skin Care Innovation Consensus Statement on Olay Professional Pro-X

Introduction:

Olay Professional Pro-X is the latest skin care line launched by Procter & Gamble, in January of 2009. Olay Professional Pro-X was designed by a team of dermatologists and Olay scientists, the Olay Professional Alliance for Skin Care Innovation. The product line is based on advanced science-driven innovation and has been professionally tested and clinically proven to improve the appearance of aged skin.

Consensus Statements:

1. Olay Professional Pro-X is a true professional skin care line that meets the following criteria:

Advanced Science-Driven Innovation: A professional skin care line should start with an advanced scientific understanding of skin.

Professionally Designed: A professional skin care line should be designed by a scientific team with a broad expertise across clinical dermatology, skin science, treatment intervention, formulation, and importantly, a comprehensive understanding of the target consumer.

Professional Regimens and Protocols: It can be difficult to find a single product or ingredient that can provide the multiple efficacy benefits desired by many/some individuals. A professional skin care product line is a carefully designed regimen of products containing effective ingredients aimed at appropriate targets identified through sound scientific research.

Professionally Tested: Our professional skin care product line must be clinically proven to produce the intended skin benefits. Our clinical trials must be conducted with the highest scientific rigor to meet the study objectives. These trials must be conducted by highly trained specialists and by independent research organizations.

Proven Results: Results from both our in vitro studies and clinical trials must substantiate that a professional skin care line deliver skin benefits as claimed.

2. Daily use of the Olay Professional Pro-X Wrinkle Regimen hydrates to significantly improve the appearance of fine lines and wrinkles after 8 weeks of use.

Based on results from the facial appearance benefits study, use of the Olay Professional Pro-X Wrinkle Regimen significantly reduces the look of facial fine lines and wrinkles around the eyes relative to the baseline. Visual grading analysis and objective computer image analysis of images of the subjects before and after treatment support this conclusion. Subjects' self-assessments via questionnaire before and after treatment confirm the effects are consumer noticeable.

3. Daily use of the Olay Professional Pro-X Wrinkle Regimen significantly replenishes the skin's moisture barrier after 8 weeks of use as measured by the change in transepidermal water loss.

We, the Olay Professional Alliance, agree with the above consensus statement:

Name	Signature
Dr. Robert Binder	
Dr. Pearl E. Grimes	
Dr. Greg Hillebrand	
Dr. Joe Kaczvinsky	
Dr. Stephen H. Mandy	
Dr. Rosemarie Osborne	
Dr. Maritza I. Perez	
Dr. Mike Robinson	
Dr. Jay Tiesman	
Dr. Susan H. Weinkle	

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02

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03

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Fact *or* Fiction?

Industry experts weigh in to help us debunk some common beauty myths.

BY JULIA McEWEN

DRINKING WATER KEEPS YOUR SKIN FROM DRYING OUT.

Fiction

Of course water is good for us, but can it really give dry skin a refreshed, hydrated appearance? Not on its own, says Dr. Lisa Kellett, a dermatologist in Toronto. "If this were true, then the simplest cure for dry skin would be to drink more water." What keeps skin hydrated is oil, in conjunction with other factors. "Dry skin is caused by changes in the top layers of skin called the epidermis and stratum corneum," she adds. Dr. Kellett treats patients' dry skin with high-performance diamond and silk peels, which remove dead skin cells and leave complexions looking fresh.

PHOTOGRAPHY, THINKSTOCK/JUPITERIMAGES

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SPLIT ENDS CAN'T BE REPAIRED WITH HAIR PRODUCTS.

Fact

If your ends are looking frizzy and dull, chances are that you're plagued with split ends. Some products on the market claim to salvage your split ends, but truthfully, nothing beats a regular trim. "The only way to get rid of split ends is to cut them off. A haircut every six to eight weeks is best, especially for people with long hair," says Nhi Tran, Sassoon Salon's creative director. The best defence is a good offence: Tran suggests using heat-activated protective products, which can help prevent damage caused by styling tools.

YOU ONLY GET CELLULITE IF YOU'RE OVERWEIGHT.

Fiction

Fat chance. It's actually the luck of the gene pool that dictates who will get cellulite (fat deposits that are trapped in pockets beneath the skin). It doesn't matter if you're tall and full-figured or petite and svelte – no one is safe! "Anyone can get cellulite," says Dr. Paul Cohen, a Toronto-based dermatologist. "It has nothing to do with your weight. It's [caused by] hormonal influences on the way the fat in your body is compartmentalized." Firming creams, self-tanners and basic moisturizers can temporarily diminish the appearance of cellulite, but not even liposuction offers permanent results.

CROSSING YOUR LEGS WILL GIVE YOU VARICOSE VEINS.

Fact

Sitting like a proper lady has its disadvantages. Crossing your legs can actually constrict blood flow through your veins, "which may manifest itself over time as varicose veins," says Dr. Kellett. She explains that these veins tend to crop up in people who have other risk factors, such as obesity, histories of leg trauma, family histories of venous disease and occupations that require standing for extended periods of time. Standing forces the venous network to work overtime, pumping blood from the legs all the way up to the heart. If your valves are out of whack, blood can pool, which leads to bulging veins.

STORING YOUR NAIL POLISH IN THE FRIDGE MAKES IT LAST LONGER.

Fact

Any cosmetic product, particularly if it's chemically based, will benefit from being kept in a cool, dry place. According to Lisa Hughes, an esthetician at Toronto's The Ten Spot Beauty Bar, a cool temperature can help prolong the quality of the product. The chilly environment helps ward off premature clumping in polishes. But there's no need to stockpile enamels in the refrigerator: To put an end to goopy polish, Hughes suggests adding a few drops of polish thinner to restore it to its original consistency.

THE LESS YOU WASH YOUR HAIR, THE HEALTHIER IT BECOMES.

Fact

Many women don't have time to wash their hair every day, but can this really improve the health of their hair? According to colourist Luis Pacheco, co-owner of Hair on the Avenue in Toronto, skipping a few washes will help keep natural oils in your hair, making it appear healthy and shiny. "Excessive hair washing removes sebum from the hair and scalp," says Pacheco. "Sebum keeps hair moisturized and serves as a protectant against the elements." If your strands are thin and oily, you'll need to wash your hair more frequently. Choose a gentle shampoo that doesn't leave any buildup.

CONCEALER SHOULD BE LIGHTER THAN YOUR SKIN TONE.

Fiction

If you buy concealer that's a shade or two lighter than your skin tone, your eyes will be left with an unnatural white aura, says Gregory Graveline, a Toronto-based freelance makeup artist. "Your concealer should be the same shade as your foundation or natural skin tone," he says. He warns that highly pigmented concealers can be too heavy, particularly for mature skin. Graveline suggests using a dab of liquid foundation instead. "The subtle improvement is preferable to a cakey-looking eye area," he adds.

Editors' note: Try it before you buy it. Don't be afraid to give concealers a test drive at the cosmetics counter before you buy. Skip the wrist test and apply the concealer straight to your dark circles.

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